

JOYFUL NEWS CO-OPERATOR

VOL. I



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JOYFUL NEWS CO-OPERATOR. Vol. I, No. 1, to Vol. I, No. 12.

Joyful, Kern Co., California, 1884.

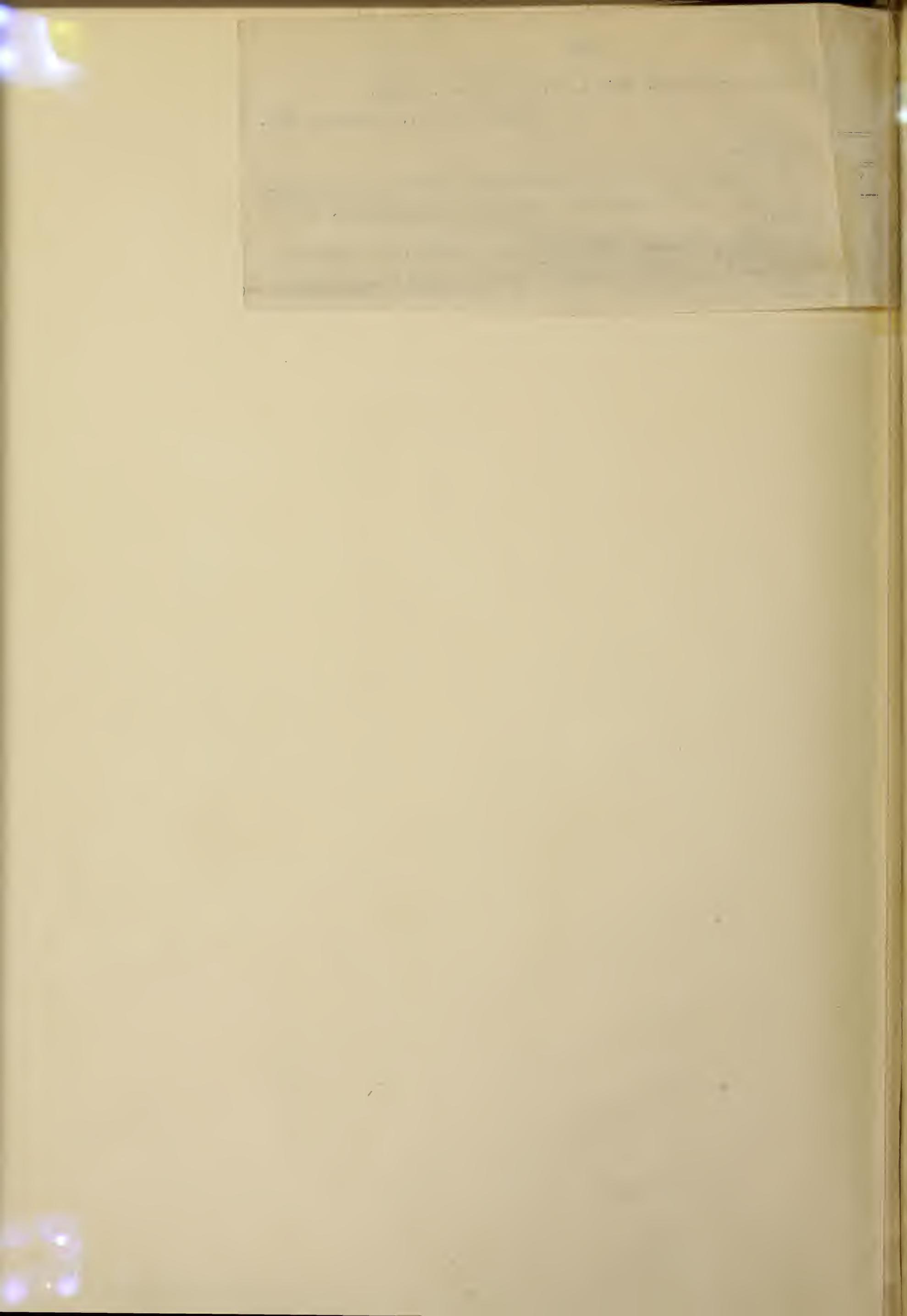
Complete.

This is said to be the first vegetarianism newspaper in California.

It may be the first cooperative colony paper in California. I do not know.

The editors, Isaac B. Rumford and Sara W. Rumford, were members of a group of early California reformers.

The Bancroft has this one volume, but the California State Library has not.



# JOYFUL NEWS

## CO-OPERATOR.

Truth Will Supply Every Need—If We Practice Her Teachings.

VOL. I.



### JOYFUL NEWS. CO-OPERATOR.

ISAAC B. RUMFORD { EDITORS.  
SARA W. RUMFORD

Published monthly at Joyful, Kern Co., California.  
PRICE: One Dollar a Year—in Advance.

### JOYEUL NEWS!

Glad Tidings! Harmony in Life! Peace and  
Happiness! The Promise, "Come Unto Me  
All Ye That Are Weary and Heavy  
Laden, and I Will Give You  
Rest," Fulfilled!

No more sickness, disease, or death, but a restful life of good works, living so that all may be blessed. We want you all, my friends, to fully realize the fact that the time has come when there is no more need of sickness such as has been known in the world, that the curse, thou shalt earn thy bread by the sweat of thy brow has been removed, but give all to understand that love rules when we will permit her to do so and we only have to obey the law of love to be free from physical disease and spiritual death. This is the kind of life we would lead, one in which the physical man should be in healthy working order all the time, the spiritual man controlling this beautiful, healthy, physical body, and both of them, through a Divine life, subject to the control of the Christ within. This is a beautiful life my friends; it is just the life we will all want to live after we once fully realize the beauty of it; it is the consummation of the Lord's Prayer: "Thy Kingdom come, Thy Will be done, on Earth, as it is in Heaven." This beautiful life is needed in the world to day to relieve the masses from the suffering, disease and death, that is crowding them down. And what are we going to do about it? Are we going to let the old way to physical and spiritual destruction be traveled right along by the world and not make an effort to assist in bringing about a better order of things? Are we going to let people wear out their lives in a fruitless effort to secure health by taking medicine when we know by practical experience that the life of the physical body, and the health, which is but a manifestation of the life, is controlled by the food assimilated, and so with the spiritual.

No! We, the Association of Brotherly Co-operators, organized March, 1883, have determined to live a natural and harmonious life, and show to the world the practicability of the ideas we advocate.

The News will be devoted to giving the experience we gather, and aiding our readers to secure practical living truth on these subjects.

THE WORK OF THE A. B. C.—Is to assist its members and others to grow into a purer, nobler life than simply living for animal pleasures, and to so work together that the best results of labor may be secured. That each one, so far as possible, may find the requisite amount and kind of labor suited to their condition, and the reward that belongs thereto, without any regard to sex, sisters and brothers being paid equally for the same labor. We recognize that happiness, or harmony, is the legitimate privilege of every one, though all do not seem to know how to obtain it outside we hope they will be able to learn to do so with us?

The A. B. C. Constitution and By-Laws will appear in the February News.

Joyful, California, January, 1884.

No. 1.

#### TRUE BEAUTY.

SARAH W. RUMFORD.

Where is true beauty found? In lilly fair?  
Doth it abide in rose, or pearly dew?  
On broad prairie clad in varried hue?  
In some great work of art? Perhaps 'tis there;  
In noble statue, or in painting rare;  
In ocean deep, above in sky of blue;  
In thousand forms is beauty brought to view.  
The lovely child: Can ought of earth compare  
With so much beauty? What can outvie  
The maiden? What excel her artless grace?  
What charm can match her winning loveliness?  
Only that jewel of surpassing wealth,  
Which rivals form of grace and sparkling eye,  
Rare gem!—'tis found alone in perfect health.  
—*Gospel of Health.*

If we make any mistakes we have ever stood ready to go back and do our work over again, and we are ready to do the same to day. Now if a truth on this subject is in your brain, test it practically upon yourself, as we have done, and give us the result of your experience, but if we can not publish it all, you must not blame us, for our space is limited; if we recognize the truth it will probably find its way into the News sooner or later. The light which we have is for those who are suffering from any physical in-harmony, so that they may have health. We cannot guarantee every one to become restored immediately, who may try our system in part, or for a short time. The spirit of truth is in this reform, and if you try as determinedly to find it as the people did to make the old diet palatable, by compounding, spicing etc., there is no doubt in my mind that you will find results commensurate with your efforts.

MISS CORSON'S WORK.—We are often asked what we think of Miss Corson's work, teaching improved cookery. Our answer may well be, in the language of the apostle, "seek ye earnestly the best gifts, but I show unto you a more excellent way." If she can do good in helping such as we can not reach, God bless her! All agitation of the subject helps; and, though the statement by Prof. Hilgard, at her lecture, to the effect that it only cost us \$10 per year for food, is a mistake, we think it is possible to maintain good health on that amount.

We are tired of seeing so much sickness and misery, and want to do our part towards helping remove it. Our lives should be at least as healthy and happy as the beautiful birds that sing in the trees above us. Will you help us do this work? we say to every one, either here or where you are, each climbing in his or her own way, but being sure not to forget to climb.

We want you here if you can come but to go on as a worker where you are, if unable to join us. We care not what sect you belong to; it is enough for us to know that you are trying to follow the best light you have and are seeking for more and trying to help others to find it.

WE, the A. B. C. join hands with the S. S. S. in this publication, though we are independent as organizations. We do not approve of their raffling, and perhaps other schemes, as they may not all of ours, but we are one in working for a higher life.

RECIPES FOR PREPARING FOOD.—Those who have poor health will find apples grated on a coarse grater, or scraped fine, are more digestible, and a spoon-full of fine flour stirred into each pint improves it, and if the fruit is of poor or deficient flavor alittle nutmeg may be added; pears may be thus used, and we find turnips, squash, and other vegetables prepared in the same way using salt instead of nutmeg, a valuable addition to our bill of fare, not only in furnishing variety, but in keeping the system in the best order: especially will such vegetables be useful for those who are inclined to be bilious or have acquired the habit of using a large quantity of food. We do not believe much in compounding food or making mixed dishes to tempt the appetite, but as some desire them, we will give, in the next issue, instructions for making a grainia cake, and other recipes in future numbers.

To beginners on the Edenic diet we would say, do not use to much grain:  $\frac{1}{2}$  pound per day will be enough for nearly every one and  $\frac{1}{4}$  of a pound more than some will need.

The prohibition ticket that will win: The Band of Hope.

The conquering army of the future The Kindergarten.

In the Kindergarten and Band of Hope we have powerful levers of reform.

To preach what we do not practice weakens our power for good. Preaching without practicing has made all the infidels there are in the world.

OATMEAL.—Professor Liebeg has demonstrated chemically that oatmeal is nearly as nutritious as the best beef, and that in bone and muscle forming qualities it is richer than wheaten bread. Some twenty-four years ago a professor at one of the Scotch universities measured the breadth and height and tested the strength of the arms and legs of his students, a numerous class of all nationalities, who were attracted to the seat of learning by the fame of the professor. He found that in height, in breadth of chest and shoulders, and in strength of arms and legs, Belgians stood lowest; a little above them came the French; very much higher came English, but Scotch and Scottish-Irish from Ulster, were highest of all. These last students were fed in their early years with at least one meal a day of good oatmeal porridge.

#### MADE-UP MEN.

A reporter was engaged in conversation with the proprietor of a Market street corset-factor a few days ago when a dapper-looking and stylishly-dressed young man, well known in society circles, entered, and, addressing the proprietor; wanted to know if "those things" he had ordered were done.

"You mean the corset and pads?" asked the proprietor.

"Yes timidly replied the dandy, looking suspiciously at the reporter. A clerk was called and took charge of the young man, who secured the "things" and departed.

"Yes, that young man and many others of his class wear corsets and pads," said the proprietor, in answer to interrogatories. "You must not think that artificial make-ups are confined alone to women," he said. "You may not believe it, but I can name upward of a hundred society men in this city who wear corsets, and even a greater number than that who pad their legs. The latter custom has only been in vogue since the tight-fitting pantaloons came into style."

"No, the costume is not original. It comes from abroad where roues, dandies and court-followers who are getting old make up to a greater extent than the most slender and homely baller-dancer in the country. After a man gets to be between forty and fifty years of age his abdominal region expands and he becomes corpulent. To avoid this he orders an appliance, which, although it differs somewhat from the female corset, is virtually a corset, and clinches the wearer's adipose tissue up so as to make his form almost as perfect as an Apollo. Then by the judicious use of a few pads and some paint and powder, aided by false teeth and hair-dye, the aged beau looks many years younger and frisks about a ball-room with a step as light as a youth of twenty. Army officers, as a general thing, are very proud of their shape, and if nature has been unkind to them they wear corsets and pads. There are a dozen or more of Uncle Sam's brass-mounted dandies who deal with me.—S. F. Chronicle.

Fasting from 4 to 8 days, with water at intervals, is a good thing for a person afflicted with rheumatism.

Good health is happiness.

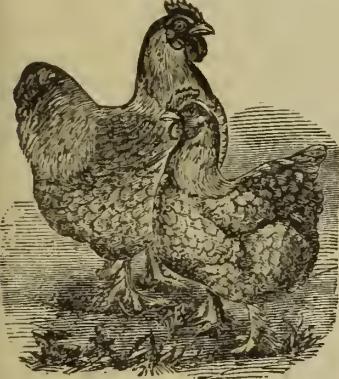
CO-OPERATION IS THE WATCH-WORLD OF THE HOUR, AMONG ALL NATIONS.

Subscribe for the News—only \$1.

## HOLDERS OF TICKETS.

Fannie A. Combs, Westview Ohio, No. 1
Wm. S. Bailey, Nashville, Tenn., ... 2.
S. G. Smyth, Oakland, Cal., ... 3.
Nicoll, Taylor, San Francisco, Cal., ... 4.
Mary E. Tillotson, Vineland, N. J., ... 5.
Elmina D. Slenker, Snowville, Va., ... 6.
Annie Norma Dale, S. F., Cal., ... 7.
Lois Livingston, Sacramento, Cal., ... 8.
Cynthia A. Smith, Los Angeles, Cal., ... 9.
Mrs. J. H. Holt, San Francisco, Cal., ... 10.
Harriet Permilla Peek, Oakland, Cal., ... 11.
Anna M. Woods, San Francisco, Cal., ... 12.
Eva H. Woods, San Francisco, Cal., ... 13.
Lulu G. Breedlove, S. F., Cal., ... 14.
Mrs. S. E. Smith, Seattle, W. T. ... 15.
Miss Alice Jennings, Thomasville, Ga. 16.
A. Chick, San Francisco. ... 17.
Dampf, San Francisco. ... 18.
Madame Brownjohn, London, Eng. ... 19.
Madame Vital, Paris, France. ... 20.
Cornelia Boecklin, Burlington, Ia. ... 21.
Joseph M. Bare, Ligonier, Ind. ... 22.
Kate Parker, Anahiem, Cal. ... 23.
Mrs. H. M. Lindall, Columbus, O. ... 24.
Abbie Knapp, M. D., Dowagiac, Mich. ... 25.
Mrs. R. S. Beatty, New York City, ... 26.

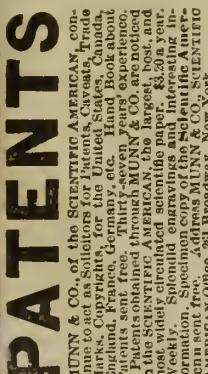
Mrs. E. H. Kimball, of the Audubon *Times*, is a model for a newspaper man's wife. She can do anything around a printing office, from running a cylinder press to smoothing down the irate feelings of the man who wants to know who "writ that piece." Visiting the office on Monday we were forced to confess that it presented a very domestic appearance. In one corner was the cradle in which the latest supplement to the *Times* was quietly sleeping—and in another was the lady setting type with the skill of a veteran.—*Atlantic Messenger*.



## LANGSHANS.

Eggs for hatching \$3 per setting.

MRS. J. H. SMYTH, 623 Montgomery-st  
San Francisco.



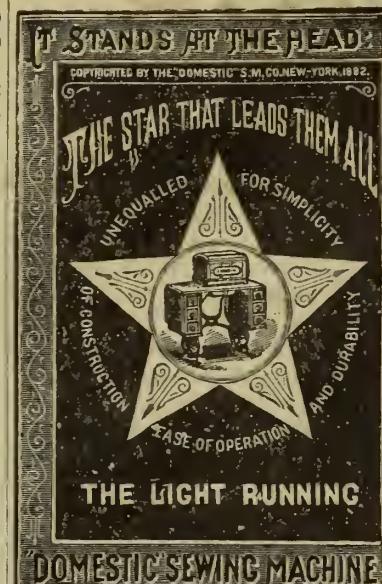
## FIVE RULES FOR NEW SPELLING.

- Omit a in words like hed, heith, brest, pleasure, etc.
- Omit silent e in words like hav, liv, giv, definit, etc.
- Write f for ph in words like fantom, filosofy, alfahet, camfor, telegraf, etc.
- Omit one of the double consonants w in words like shal, clif, ad, eg, etc.
- Change ed final into t in words like fixt, capt, chopt, prest, etc. Also, tho and thru.

The Five Rules, as given above, were proposed and adopted by the American Spelling Reform Association in 1878. The English Spelling Reform Association adopt the same rules, thus making a common basis of action.

**WANTED TO BORROW  
FIVE HUNDRED DOLLARS**  
To open in San Francisco, or Oakland, an establishment for the sale of LADIES' FANCY GOODS and first-class DRESS MAKING.  
Address, Miss G. Morton, Sacramento, California.

**ANTISELL PIANO**  
Factory: Latest Improved Steam Machinery—Sewing Machines—Sewing and wood—Our lumber strongest by test—10,000 Pianos with all improvements: 1,000 Organs. Buy from Manufacturer and save half. Before buying send for papers. Free popular system. Agents wanted—Chicago to New Orleans. T. M. Antisell Piano Co., 24 and 26 Ellis Street, San Francisco.



J. W. EVANS, Gen'l Agent,  
29 Post St., San Francisco, Cal

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## PAPER WAREHOUSE,

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Printing Materials,  
PACIFIC TYPE FOUNDRY,  
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Orders respectfully solicited and promptly attended to.



### The Plymouth Lapboard

Is conceded by every one who has seen it, and especially by every lady who has used it, to be the most convenient, and in all respects the most desirable article of the kind that has yet been placed upon the market. The peculiar felting finish upon both sides, effectually prevents the slipping of the work from the board, also the slipping of the board from the lap, thus entirely overcoming two great objections to wooden or other boards with a smooth surface. It is manufactured from a material specially adapted to this purpose. It will neither warp nor crack, and with proper care will last a life-time. The graduated scale entirely does away with the need of a yard-stick or tape-measure. C. J. HAWLEY & CO., Grocers, 213 and 217 Sutter St., San Francisco, Sole Agents for Pacific Coast, will forward samples to dealers on application, with particulars and price to the Trade.

### PEBBLE SPECTACLES.



**MULLER'S OPTICAL DEPOT,**  
135 MONTGOMERY ST., NR. BUSH.

Specialty for Thirty Years.

### WHOLESALE AND RETAIL.

The most complicated cases of defective vision thoroughly diagnosed, free of charge. Compound Astigmatic Lenses mounted to order.

### TWO HOURS NOTICE.

—Orders by Mail or Express promptly attended to.

Have an object in life.

## BUSINESS NOTICES.

Clara S. Foltz, by indefatigable industry, has made for herself an enviable position as an able and conscientious lawyer. She practices in all the courts.

Mrs. A. O. Cook, Thulow Block, is the best artist in hair jewelry in San Francisco. She also preserves natural flowers so perfectly, that they have the appearance of fresh gathered blossoms.

A visit to Mrs. Holt's Art Parlors, Phelan's Building, will convince anyone that she has not mistaken her calling.

The Light Running Domestic Sewing Machine, 29 Post-st, is set in a star. Put one in your house if you want light.

Marder, Luse & Co, Sacramento-st is a good place to buy printing materials, type, presses, etc. They carry a large stock of the very best quality of goods.

Make home happy by the hum of the Home Sewing Machine, 634 Market-st.

Smith & Ryder have the choicest stock of clocks and jewelry in San Jose.

People visiting Stockton will find Mrs. Allen's temperance house, the Eagle Hotel, a desirable home.

Mackay's Carpet Emporium, Market-st, is the place to find the latest designs in carpets, oil cloths, linoleum, druggets, etc.

A. C. Davenport is the best dentist in Stockton.

Bonestell, Allen, & Co., keep constantly on hand all kinds of printing paper, wrapping paper, twine, etc., and, reasonable prices, at 411 Sonsome-st.

Pure, first-class groceries, in unlimited supplies, together with a large assortment of superior household utensils, and the deservedly popular Plymouth Lapboard, are to be found at C. J. Hawley's, 217 Sutter-st.

Whoever would preserve their natural teeth intact should pay Dr. Clark's Dental Parlors, 8 Montgomery-st, an early visit.

Dr. Thraikill, tenth and Broadway, is the leading dentist of Oakland.

The most exquisite assortment of every line of household furniture, school outfit and invalid-chairs, are displayed at G. H. Fuller's, 19 New Montgomery-st.

Buy the Dietz Dust-Pan—an invaluable gem, invented by a woman—that no good housekeeper should be without for a day. Also the Dietz Patent Crum Receiver—a marvel of neatness and convenience.

The S. S. S. use, and recommend them, and the 17th Industrial Exhibition of the S. F. Mechanic's Institute awarded the inventors a handsome bronz medal, and a diploma for the most beautiful, original, floral design.

Gentlemen in search of the latest styles in Gents Furnishing Goods will find exactly what they want, breakfast suits, business suits, hunting suits, wedding suits and price to suit at NICOLL THF TAILOR'S, 818 Market Street, S. F.

Special attention is called to the admirable books advertised in the HERALD.

The safest Safes and best Automatic Time Clocks on the coast, can be seen at Hall's 511 and 513 California-st, S. F.

Patronize "Sunny Cove Baths," Alameda. The Dietz sisters proprietors.

ANTISELL's pianos are the best made, finest toned instrument on the coast.

Mrs. Smyth, 623 Montgomery-st, keeps the finest assortment of thoroughbred poultry on the coast.

### THE DRESS COAT.

Demarest's Monthly.

It is said that the Prince of Wales is heartily in favor of abolishing the dress coat, and substituting a garment of many colors, such as was worn by our ancestors, and which was cut away gracefully from near the neck. The dress coat was originally invented to allow the wearing of a sword without inconvenience. It is said that this reform in men's dress is becoming popular in Paris, and the thing has gone so far that ladies, when they send out invitations, describe the color of the garment they would like their gentlemen friends to wear. This gives additional brilliancy to the gathering. Trousers are being discarded, and knee-breeches and stockings substituted, with low shoes and buckles. It is further claimed that men's legs are better developed than in the eighteenth century, when knee-breeches were universally worn. Men are now larger because better fed. A tailor in Chicago is beginning to advertise plum-colored suits in accordance with the new notions about dress.

Altho hundreds of women hold positions of financial trust in the country, we have yet to hear of one of them being guilty of embezzlement or defalcation.

## GEO. NALL,

## CLOAK AND SUIT HOUSE,

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SAN FRANCISCO.

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MANUFACTURE THE ONLY

COMPLETE AND CHEAP

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AT EASTERN PRICES.

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AT SHORT NOTICE Any odd articles of

INVALID FURNITURE NIGHT CHAIRS,

EARTH CLOSETS, COMMODE BED RESTS, ETC.

Call and examine Stock. Catalogues furnished on application.

[No. 52 Child's Rolling Chair.] No. 19 NEW MONTGOMERY'S

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New Designs, Beautifully Colored.

INGRAINS ..... 35c, 40c, 50c, 60c, 75c, 85c, 90c, to \$1.00 per yard

TAPESTRY BRUSSELS ..... 85c, 90c, \$1.00, \$1.10, \$1.50 per yard

BODY BRUSSELS ..... \$1.62 to \$1.90 per yard

GOOD VALUE AT ALL PRICES.

Stair and Hall Carpets of all kinds.

OIL CLOTHS, 40c to 90c. LINOLEUM, \$1.00 to \$1.25 DRUGGETS, \$1.00 to \$1.15; All Widths; Every Style.

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Make advances in San Francisco on consignments of Produce and Merchandise, also to ports in China, Australia and South America. In New York purchase ship staple merchandise to California and the above-named leading markets, make advances on consignments thereto; charter ships; engage freights for all ports [free of commission to the shipper]; effect insurance in the leading offices, on the best terms, and do a general mercantile and exchange business.

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## Hall's Standard Safes.

## Hall's Safe & Lock Co., Manufacturers,

511 & 513 CALIFORNIA-ST., SAN FRANCISCO, CAL.

A large assortment of the above always on hand: Fire Prof, Burglar Prof, and Fire and Burglar Prof Safes.

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Vault Doors, Automatic Time Clocks, &c., &c.

Safes sold on easy installments. Second-hand Safes taken in exchange—bought, sold and repaired.

## ROBINSON & GILLESPIE,

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Stores and Offices Fitted Up. Counters and Shelving for Sale.

All Jobbing Promptly Attended to

# JOYFUL NEWS CO-OPERATOR.

Truth Will Supply Every Need—If We Practice Her Teachings.

VOL. I.

Joyful, California, March, 1884.

NO. 3.

## JOYFUL NEWS! CO-OPERATOR.

ISAAC B. RUMFORD & SARA W. RUMFORD EDITORS.

Published monthly at Joyful, Kern Co., California, by the Association of Brotherly Co-operators.

PRICE: One Dollar a Year—in Advance.

The News is devoted and consecrated to the science of the Edenic life: And God said, Behold I have given you every herb bearing seed, which is upon the face of the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be or meat.—Gen., 1st chapt., 29th verse.

Unbiased opinions of correspondents are cordially solicited—and published, if practical.



### Association of Brotherly Co-operators.

ORGANIZED MARCH 1, 1883.

PRESIDENT—Isaac B. Rumford, Joyful, Cal.  
SECRETARY—Keuworthy B. Gregg, " "  
HEADQUARTERS, Joyful, Kern Co., California.

THE EDENIC PLEDGE.—We, this day, agree, in the presence of God and the angels, to give all there is of us and all we possess, to aid in the purification of mankind, both in body and spirit; to live in accordance with all physical and spiritual laws, as far as we are able to do so—seeking and praying continually for light.

Who will sign this pledge and faithfully keep it, by the help of the divine within and without?

Friends, it is only by such stern earnest work that success can be accomplished.

### GROWTH.

SARA W. RUMFORD.

We grow by what we feed upon; if good, Good will be its effect; pure food, pure air, pure Water, gives to the body growth that's sure. And helps the spirit onward too, as should— So intimate are they, 'tis understood That growth of one, helps other to endure; Right growth of one helps other on, doth allure To full statured growth, at one with God. We're here to grow! For this a form is given, Growth! growth! 'Tis all there is of mortal life, 'Tis all there is! So how shall be attained? That is the question! Through turmoil and strife, Or through obedience to law be gained? Obedience, is all there is required And to the wise, will be the most desired.

THE INSPIRATION OF THE HOUR.—The inspiration of the hour is for a perfected manhood, the growth of the soul into a higher position. The time has come for a mighty revolution and while some are accumulating great wealth and others are struggling to resist its power there is a work for the true reformer which will do away with such antagonism. We allude to the reformation of the individual, or his evolution into a condition of love, like unto the example set by Jesus of Nazareth, and such inspired individuals of the past. It is sufficient for us to realize the idea of such persons living in the spirit of a true life, it comes to us though history; if they lived in fact, it makes no difference.

It is necessary for the world to do the same work to day that Jesus is represented as having done, eighteen hundred years ago: that is, live for the glory of God, the divine power in man; to have that rule his entire being; to have every act obey the divine power within.

How can this be done except by first having the spirit, and all appetites subject to its control? When this is accomplished, the work is begun on a solid foundation, from which we can branch it to do good to others most affectually, but until it is recognized by reformers that they must form, control and perfect themselves first, there is little hope of their doing much for the race. The time has come when such work has begun, and as workers in this field with others we call upon every man and woman, to love God,

which they cannot do, except by obeying the command, to live a pure, holy life.

USE.—Use is necessary to get the profit out of a tool, out of money or of anything else; but while use wears out the inanimate tool, it builds up the man so long as good food is assimilated. By use and food the child grows to full manhood, as also, by use of the spiritual food received, are we able to grow into spiritual manhood.

Hearing good sermons without making them practical in spiritual work, doing good unto others, will no more enable us to grow to full statured men in Christ, or spiritual manhood, than food will enable a child to grow, if it is never allowed to expend it in exercise.

We must labor in the vineyard, if we are to receive the reward of spiritual growth.

We were once taught a lesson in this wise: Having very much doubted the possibility of man to love his neighbor as himself, a baptism of the holy spirit fell upon us, and we were lifted into a condition, where such love was realized, and the joy of such condition was so great, we prayed that it might continue, but, instead of such prayer being granted, a vision was shown us. We saw a man walking through a pleasant land, directly toward a barren sand hill, back of which was a most beautiful country that he was evidently aiming to reach. A son was by his side, not tall enough to see over the hill, who begged of the father to stop and rest beneath the trees with people who seemed to be enjoying themselves on either side; but the father pressed on, until the disheartened son decided to leave him, whom he supposed, so misguided. It would not do to let the boy go, so the father lifted him until he could see over the sand hill; then the boy exclaimed, "Hold me here forever! There is more joy in one look over there, than all the world contains."

The father replied, "No!" It must not be; you must not be held up, but if you obey all the laws of physical life, you will grow to the full stature of a man, and thus, said the voice to us, "You have seen over the spiritual hill, into the spiritual heaven; now, if you make good use of the spiritual food, obey all the laws of the spiritual life, you will grow into the full stature of a man in Christ, where you will be able to be all the time, in that happy condition of loving your neighbor, as yourself." We knew then, that Christianity was practically true; that the time would come through spirit growth, when man would love his neighbor as himself.

Now, we want to devote all our life to the work of helping others as well as ourselves to grow into spiritual manhood. Who will aid in the work?

NOTE THIS, you who are injuring health with poison paints, K. B. G. has become so fair since living one year on the Edenic diet that the girls of Bakersfield have named him Peaches and Cream and only use that name when speaking of him. It would have been more to the point in some respects had they said Peaches and Grainia. How many of them will take the hint and so live that the young men will want to eat them?

SUBSCRIPTION.—We send JOYFUL NEWS to many new names for three months; if at the end of that time they send \$1 in money order or registered letter we will either send them the next 12 numbers or if they prefer will send 9 numbers to make up the year and the cabinet photograph of I. B. R. taken after living on Edenic diet two years. Others who want the photograph can have it by sending 35c. Though you get that champion of human rights, W. H. or L., with JOYFUL NEWS, the price of \$1 per year, pays for both. Should we send the paper to any one who is not able or willing to subscribe, we shall not do them, as our rule is, pay in advance, but shall discontinue, when satisfied that you have had it long enough to decide how you like it. Help us to do good by showing the paper to any who may be interested, and get us subscribers. We are now in the city, devoting

all our time to reform in a practical way of which will give more particulars in the future numbers—We will take more space in W. H. or L. as soon as enough subscribe for J. N. to pay for what we have; so would you have the News to grow, get subscribers for it.

CHRIST.—To those who have in their own estimation progressed so far, that the terms used by the spiritual minded people of the past to express their recognition of a spiritual guiding power above, or superior to the reason of man, are unpleasant to them, we would say, are you not by such objections paying too much attention to the form of expression, and thus liable to fall into the same difficulty that you charge against the churches. We would speak to every man in the language which he will be most likely to understand, and hope all will look to the spirit rather than the letter of our words; we will gladly give the definition of any word we may use, but to save the trouble of making such application, will, as far as possible, be guided by Webster's Dictionary, as for instance, in use of the word, Pray—The earnest desire of the soul, probably as well given in these lines of the poet, "Prayer is the soul's sincere desire, uttered, or unexpressed."

TWO PAPERS FOR ONE PRICE.—Those who send us \$1 for JOYFUL NEWS, get the W. H. or L. with it free, a good paper, whose Editor is living on the Edenic diet; yes, more, is living the Edenic life, not because driven to it by sickness, but out of principle, because she would live up to her highest conception of truth—we would that all who have been shocked by some of her sledge hammer blows at injustice, were *half so true to their light*, as she is.

OUR PHOTOGRAPH will be sent to all who send us \$1 for JOYFUL NEWS for 1884. It was taken after we had used the Edenic diet over two years.

CORRESPONDENTS.—P. P. Nalle, Jnu. Stevensburg, Culpepper Co. Va. date of Nov. 20th 83 writes.

"I have learned much about the Edenic diet since last wrote you. I have more physical health and ability to stand a strain, than have had for ten or fifteen years, if not more than ever in my life. I hope for time to write more fully as to my experience, and observation on this subject." We will be much pleased to have more of Mr. Nalle, Jun's, experience, and hope he will find time to give it soon, for there are too many weak suffering ones in the world, whom his experience might help. Our person's experience is just the kind to best help one class, and another's a different class, so we wish to hear from all, who try the Edenic life; even should they at first fail, we may be able if they write to show them how to succeed on a new trial.

J. F. Flory of Lemoore, Tulare Co. Cal., date of Dec., 10th writes. We have been using grainia, etc., and in some respects it has been a decided advantage, but not in others; for instance, in me it has a tendency to diabetes, which I noticed soon—but it is certainly the best regulator of the bowels I ever knew.

We would be pleased to have more particulars of Mr. Flory's experience, an exact description of the variety of food he used, and as near the quantity as convenient, specially, the kind of grain; it may be one kind is more liable to determine a disease to which one is subject than another; each, must select from the great variety, especially in the present unhealthy condition of the race, the kind best suited to their condition, and it will generally be found best, not to mix too many varieties in one meal, or one day especially when studying the effect. Will he try using a few days grain alone, say, wheat with a little salt in it, and note the effect on diabetes, then use grain, and apples or try oats, instead of wheat. As we understand, sugar, is one of the worst things for that disease, he should select the grain, fruit or vegetables that have the least sugar. He might do much good for humanity.

by careful, accurate investigation, any other kind, will be useless, or perhaps worse.

E. Shapero, a Russian friend, living at Joyful tells us that he lived for six years in prime health at hard work on apples and rolls, made of whole wheat and water baked hard; since learning of the use of uncooked grain, he has been trying it, and prefers it to the rolls. I believe he uses about  $\frac{1}{2}$  lb grain and 4lb apples. He tells of a Russian, who was imprisoned for life, who went into his prison at 20, and lived to be 90 in good health 70 years, on hard bread and water.

Mrs. Brown, of Calaveras Co., writes us that some six or more of them have adopted and are living on the Edenic diet. Good! but we are particularly interested in hearing that people are living the Edenic life, according to the pledge that will be kept standing at the head of our journal.

OUR LIVING.—Since the 15th. of January 1884, has been entirely upon only one meal per day. We began then to try the system as an experiment. Our first experience on it after two days visiting in San Luis Obispo was a tramp with an Edenic friend over the plains and mountains to Bakersfield a distance of about 150 miles. We easily made 30 miles per day before breakfast, which was taken at 6 P. M. and consisted of about a half lb-oat groats ground fine in a clean coffee mill,  $\frac{1}{2}$  lb. Almonds, or English walnuts  $\frac{1}{2}$  lb. Raisins, or figs. Our friend, who is 20 years younger and stronger, used more of the same, except he having teeth used groats without grinding, and at first, ate three times per day, but soon changed to two, when still seeing that we had the advantage, and easily kept ahead, the fifth day he also adopted the one meal plan, thence forward his youth and strength enabled him to keep ahead of us. Another friend at Joyful also adopted the system, which he has continued to great advantage. Since coming to the city, we are up by 6 A. M. and until 5 P. M. very busy without either the bother, or hunger for food. Our work has kept us on the tramp over these hills all day. Our breakfast, at 5 P. M. consists on an average of  $\frac{1}{2}$  lb. grainia made of oat groats and wheat taken dry, which have learned to relish as well as ever did any cooked compound, followed by, or taken with 2lbs. grated apple  $\frac{1}{2}$  lb. almonds, mashed, and  $\frac{1}{2}$  lb. pounded raisins. We take plenty of time to enjoy it, say an hour or more, followed with a social, or business evening, and retire at 11 P. M. to a sound sleep immediately.

TROUBLE.—Do we have any with the Edenic diet?

Yes! we have had some to contend with, from time to time, because there was much to learn, and we could find no one who had gone ahead, scientifically and marked the way. Those who started out, forgot to blaze the trees, or make other records of their progress, and too many when any little irregularity appeared, fell back to old remedies, instead of looking for new ones in the new field. For instance, one finds some of the grain makes a too rapid progress through the system, and looks to cooking, or blackberry tea as a remedy, when they only need take it dry, and masticate better, or grind finer, sifting the coarsest to make it all right.

We have but to use of grains, and fruits and nuts, such quantity as can be appropriated by the system, which we can each learn to know, thus becoming a law unto ourselves. More than is necessary, may cause trouble, especially if poor in quality.

WHY NOT COOK!—First, because it is an unnecessary waste of labor; second, it destroys, or drives off into the air some of the most valuable parts of food; third, the Edenic diet will give better results, and be less liable to produce disturbance, if the wrong kind or too much is taken. Two years experience has proved that we are far healthier, happier and capable of performing a greater amount of physical and mental labor, now, than when using cooked diet.

## HOLDERS OF TICKETS.

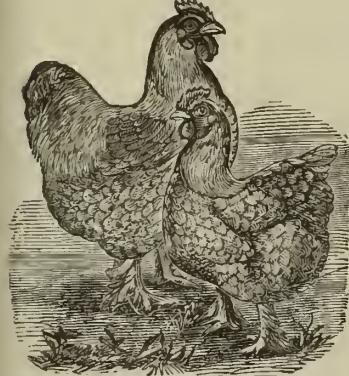
Fannie A. Combs, Westview Ohio, No. 1  
Wm. S. Bailey, Nashville, Tenn., ..... 2.  
Geo. Smyth, Oakland, Cal., ..... 3  
Nicoll Taylor, San Francisco, Cal., ..... 4  
Mary E. Tillotson, Vineland, N. J., ..... 5  
Elmina D. Slenker, Snowville, Va., ..... 6  
Annie Norma Dale, S. F., Cal., ..... 7  
Lois Livingston, Sacramento, Cal., ..... 8  
Cynthia A. Smith, Los Angeles, Cal., ..... 9  
Mrs. J. H. Holt, San Francisco, Cal., ..... 10  
Harriet Permilla Peek, Oakland, Cal., ..... 11  
Anna M. Woods, San Francisco, Cal., ..... 12  
Eva H. Woods, San Francisee, Cal., ..... 13  
Lulu G. Breedlove, S. F., Cal., ..... 14  
Mrs. S. E. Smith, Seattle, W. T., ..... 15  
Miss Alice Jennings, Thomasville, Ga. 16  
A. B. Chick, San Francisco, ..... 17  
Dampf, San Francisco, ..... 18  
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Eggs for hatching \$3 per  
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ILLUSTRATED.

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This valuable book will be sent from  
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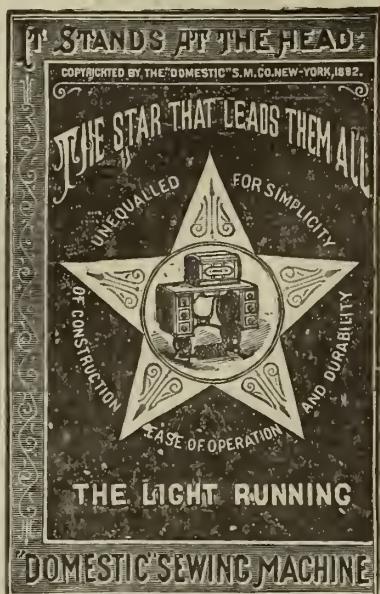
CLEMENCE S. LOZIER, M. D., says:  
"I have read 'For Girls,' and wish to give  
my hearty sanction. Girls of to-day are  
the 'coming women'; with them rests, to a  
large extent, the future health and well-being  
of our families and the race."

IN THE DEATH OF WENDELL PHILLIPS  
Wright has lost a fearless friend and  
Wrong on arch foe. He was no cringing  
sycophant. He dared to speak  
his convictions. He dared to speak  
in public what he dared to think in private. The slave wage-worker and  
disfranchised women may well sit in  
sackcloth beside the empty chair at  
Humanity's hearth-stone.

The time will soon come when it  
will not be thought necessary for every  
woman to devote herself to bread-  
making and sewing, any more than  
for every man to build his own house  
or make his own coat.

We notice more cooking done, and  
more food cooked, on the Sabbath  
than on any other day in the week, as  
if the Lord's day were set apart for  
the gratification of the belly.

**ANTISELL PIANO**  
Factory: Latest  
Improved Steam  
Machinery—Dish-  
house—Best Sea-  
soned wood—Our  
lumber strongest by test—10,000 Pianos  
with all improvements: 1,000 Organs. Buy  
from Manufacturer and save half. Before  
buying send for papers. Free popular sys-  
tem. Agents wanted—Chicago to New  
Orleans. T. M. ANTISELL PIANO CO., 24  
and 25 Ellis Street, San Francisco.



J. W. EVANS, Gen'l Agent,  
29 Post St., San Francisco. Cal

BONESTELL, ALLEN & CO.

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Orders respectfully solicited and promptly  
attended to.



### The Plymouth Lapboard

Is conceded by every one who has seen it, and especially by every lady who has used it, to be the most convenient, and in all respects the most desirable article of the kind that has yet been placed upon the market. The peculiar felting finish upon both sides, effectively prevents the slipping of the work from the board, also the slipping of the board from the lap, thus entirely overcoming two great objections to wooden or other boards with a smooth surface. It is manufactured from a material specially adapted to this purpose. It will neither warp nor crack, and with proper care will last a life-time. The graduated scale entirely does away with the need of a yard-stick or tape-measure. C. J. HAWLEY & CO., Grocers, 213 and 217 Sutter St., San Francisco, Sole Agents for Pacific Coast, will forward samples to dealers on application, with particulars and price to the Trade.

### PEBBLE SPECTACLES.



**MULLER'S OPTICAL DEPOT,**  
135 MONTGOMERY ST., NR. BUSH.  
Specialty for Thirty Years.  
WHOLESALE AND RETAIL.

The most complicated cases of defective vision thoroughly diagnosed, free of charge. Compound Astigmatic Lenses mounted to order.  
**TWO HOURS NOTICE.**  
Orders by Mail or Express promptly attended to.

Nothing great was ever achieved without enthusiasm.—Emerson.

## BUSINESS NOTICES.

Clara S. Foltz, by indefatigable industry, has made for herself an enviable position as an able and conscientious lawyer. She practices in all the courts.

A visit to Mrs. Holt's Art Parlors, Phelan's Building, will convince anyone that she has not mistaken her calling.

The Light Running Domestic Sewing Machine, 29 Post-st, is set in a star. Put one in your house if you want light.

Marder, Luse & Co., Sacramento-st is a good place to buy printing materials, type, presses, etc. They carry a large stock of the very best quality of goods.

Make home happy by the hum of the Home Sewing Machine, 634 Market-st.

Mackay's Carpet Emporium, Market-st, is the place to find the latest designs in carpets, oil cloths, linoleum, druggists, etc.

Bonestell, Allen, & Co., keep constantly on hand all kinds of printing paper, wrapping paper, twine, etc., and, reasonable prices, at 41 Sonsome-st.

Pure, first-class groceries, in unlimited supplies, together with a large assortment of superior household utensils, and the deservedly popular Plymouth Lapboard, are to be found at C. J. Hawley's, 217 Sutter-st.

Whoever would preserve their natural teeth intact should pay Dr. Clark's Dental Parlors, 8 Montgomey-st, an early visit.

The most exquisite assortment of every line of household furniture, school outfit and invalid-chairs, are displayed at G. H. Fuller's, 19 New Montgomery-st.

Buy the Dietz Dust-Pan—an invaluable gem, invented by a woman—that no good housekeeper should be without for a day. Also the Dietz Patent Crum Receiver—a marvel of neatness and convenience.

The S. S. S. use, and recommend them, and the 17th Industrial Exhibition of the S. F. Mechanic's Institute awarded the inventors a handsome bronz medal, and a diploma for the most beautiful, original, floral design.

Gentlemen in search of the latest styles in Gents Furnishing Goods will find exactly what they want, breakfast suits, business suits, hunting suits, wedding suits and price to suit at NICOLL THF TAILOR'S, 818 Market Street, S. F.

Special attention is called to the admirable books advertised in the HERALD.

The safest Safes and best Automatic Time Clocks on the coast, can be seen at Hall's 211 and 213 California-st, S. F.

Patronize "Sunny Cove Baths," Alameda. The Dietz sisters proprietors.

ANTISELL's pianos are the best made, finest toned instrument on the coast.

Mrs. Smyth, 623 Montgomey-st, keeps the finest assortment of thoroughbred ponies on the coast.

The Front Rank Vapor (coal oil) Stove is recognized as the very best in use. It is perfectly safe and consumes less fuel than any other in the market.—See ad.

Commercial, and all kinds of fine printing and press-work done, in the neatest and most workman like manner, at Raveley's, 518 Clay. Sample of press-work HERALD and NEWS.

The California Washing Machine, supplies a long felt need—an easy and economical way of disposing of the family wash. Try it.

In Vienna I went with a young baroness to try on a dress which she was having made to wear to the afternoon ball to be given to the emperor's school for the education of officer's sons. She was twenty, and had one million florins in her own right, and had been brought up with the emperor's children for a time, when her father had been aid-de-camp, and the jewels she had inherited had dazzled me when spread out for my seeing one day. I had fancied her dress to be something very elegant. Imagine my surprise when it was a dainty cotton satin fifty cents a yard in America. But she was the belle of the ball.—X.

Never feel as if you had done enough for society. Society, the State, the Commonwealth, hang over every man by night as does the firmament with all its stars by day, or as the sun traveling in the greatness of its strength is munificent in its products.

The city of Brotherly Lovers is still holding the fort against petticoat presumption. Carrie B. Kilgore is still barred out of the legal (masculine) Sheep fold. The bell weather upon the bench still says, "No woman shall wedge in edgewise here."

## GEO. NALL,

# CLOAK AND SUIT HOUSE,

NO. 145 POST STREET,

SAN FRANCISCO.

## Pacific Coast Headquarters for Invalid Chairs and Supplies

MANUFACTURE

AT SHORT NOTICE

Any odd articles of

INVALID FURNITURE

NIGHT CHAIRS,

EARTH CLOSETS, COMMODI

BED RESTS, ETC.

Call and examine Stock. Catalogues furnished on application.

[No. 52 Child's Rolling Chair.] No. 19 NEW MONTGOMERY

50,000 YARDS CARPETS

New Designs, Beautifully Colored.

INGRAINS..... 35c, 40c, 50c, 60c, 75c, 85c, 90c, to \$1.00 per yard  
TAPESTRY BRUSSELS..... 85c, 90c, \$1.00, \$1.10, \$1.50 per yard  
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GOOD VALUE AT ALL PRICES.

Stair and Hall Carpets of all kinds.

OIL CLOTHS, 40c to 90c. LINOLEUM, \$1.00 to \$1.  
DRUGGETS, \$1.00 to \$1.15; All Widths; Every Style.

ALEXANDER MACKAY, Manufacturer and Importer,

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Make advances in San Francisco on consignments of Produce and Merchandise directed to New York and other Atlantic markets, to England and Continental ports; also to ports in China, Australia and South America. In New York purchase and ship staple merchandise to California and the above-named leading markets, and make advances on consignments thereto; charter ships; engage freights for all ports [free of commission to the shipper]; effect insurance in the leading offices, on the st terms, and do a general mercantile and exchange business.

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BUY A LIGHT RUNNING

## New Home Sewing Machine.

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For descriptive circulars, bed-rock prices, samples of work, and elegant s of chromo cards, send to

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A large assortment of the above always on hand: Fire Prof, Burglar and Fire and Burglar Prof Safes.

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Safes sold on easy installments. Second-hand

Safes taken in exchange—bought, sold and repaired.

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# JOYFUL NEWS

## CO-OPERATOR.

Truth Will Supply Every Need—If We Practice Her Teachings.

Vol. I.

Joyful, California, April, 1884.

No. 4.



### JOYFUL NEWS! CO-OPERATOR.

ISAAC B. RUMFORD | EDITORS.  
SARA W. RUMFORD

Published monthly at Joyful, Kern Co., California.  
Price: One Dollar a Year—in Advance.

The News is devoted and consecrated to the science of the Edenic life: And God said, Behold I have given you every herb bearing seed, which is upon the face of the earth, and every tree, in which is the fruit of a tree yielding seed; to you it shall be meat.—Gen., 1st chapt., 29th verse.

Unindorsed opinions of correspondents, are cordially solicited—and published, if practical.

THE EDENIC PLEDGE.—We, this day, agree, in the essence of God and the angels, to give all there is in us and all we possess, to aid in the purification of mankind, both in body and spirit; to live in accordance with all physical and spiritual laws, as far as we are able to do so—seeking and praying continually for light.  
Who will sign this pledge and faithfully keep it, in the help of the divine within and without?  
Friends, it is only by such stern earnest work at success can be accomplished.

#### TEACH ME TO LIVE.

Teach me to live! 'Tis easier far to die,  
Gently and silently to pass away  
On earth's long night to close the heavy eye,  
And waken in the realms of glorious day.  
  
Teach me that harder lesson—*how to live*,  
To serve Thee in the darkest paths of life;  
Arm me for conflict now; fresh vigor give,  
And make me more than conqueror in the strife.  
  
Teach me to live! Thy purpose to fulfill;  
Bright for Thy glory, let my taper shine!  
Each day renew, remold this stubborn will;  
Closer round Thee my hearts' affections twine.

Teach me to live for self and sin no more,  
But use the time remaining to me yet  
Not mine own pleasure seeking as before,  
Wasting no precious hours in vain regret.  
  
Teach me to live! No idler let me be,  
But in Thy service hand and heart employ;  
Prepare to do Thy bidding cheerfully;  
Be this my highest and my holiest joy.

Teach me to live! my daily cross to bear,  
Nor murmur, tho' I bend beneath the load,  
Only be with me! Let me feel Thee near—  
Thy smile sheds gladness on the darkest road.

Teach me to live, and find my life in Thee,  
Looking from earth and earthly things away:  
Let me not falter, but untiringly  
Press on, and gain new strength and power each day.

—Morning Light.

RELIGION. Do we believe in it? Yes, most strongly we believe in a very practical religion, one that applies to the whole body, that is, every muscle should be made to serve the Divine to its best ability; and when we have failed to do this, to make every part, every action and ought serve the higher and holier uses of life, we have failed in our religious duty. He who fails in the least, has in so far failed in the whole, that is, no temple is complete for the service of God, so long as it has imperfect parts, that we can improve, or is out of proportion. If it were possible to build up a church as men build up their bodies without regard to results on the part of the builder, would we not have falling down structures on every side, and are there not men and women falling down on every side day? Yes, physically, mentally, and spiritual—and the evidence is conclusive, we need a evolution, or the turning over of a new leaf, practical, living, religious life; the putting of everything as a duty to be done for the special purpose of the perfection of every department

of the man that his services may be acceptable. Will we give this our serious thought, will we as Jesus instructed pray continually that we become more perfect in every way for if it is the earnest desire of our souls every moment before our minds, is it likely we will fail to put it in practice? No! what we earnestly desire to do all the time, we will do, so let each one of us practice Edenic Life, or if you please, a religious life, it is all the same.

HAVE you subscribed for JOYFUL NEWS? We have sent three first copies to many who did not order it, in the hope that they would be interested to help us in the good cause. We do not expect such missionary work to pay the pecuniary expenses; we have to make up what you do not send to us out of our own earnings, but since starting the paper we have decided to come to San Francisco and dedicate our lives to a practical work for humanity, trusting the Lord through his good instruments in and out of the body to care for us. We have faith and are willing to trust to it. Will report our work when it is in shape to do so.

ANTAGONISM BETWEEN RICH AND POOR.—And why should there be any? Is it not because we as a people have not all come to understand what having riches means, if taken in the true sense? If we are rich, is it not a responsibility resting upon us either because of our larger acquisitiveness or inheritance and shall we not be held accountable, in some way? Is there not a law of compensation or equilibrium running through all created things? If so, no matter how we get anything if we have it we are responsible for the proper use of it, and sometime there will be a penalty if the use we make is not a proper one; it may be a conscientious feeling of having done wrong; it may be the loss of the pleasure that would have come from doing right, or both; it may be in fact much more than both of these when we come to view what we might have been from a high spiritual standpoint; but to our view the fact that a man has millions of dollars is just the same as if he had a large brain, a great mechanical ability, or great muscular power, if he does not use it well he will not get the most out of it, and he will be the greatest loser, the poor man who seems to be struggling so hard for want of the wealth, is getting an experience, if well applied, as he would have the rich neighbor apply his money, will bring riches such as he may not now dream of; at least he will be happy and thankful all the time if he is living up to his highest light, for it is only when we are failing to be every day all of a man our highest idea would point out to us to be, that we are unhappy.

TO BE SAVED.—What shall we do to be saved? Is an exclamation that has often been used as the text for a sermon all of which related to the preparation of the audience for a state or condition to be experienced after they should have passed from their physical bodies. That would be well enough if they had done all there was for them to do here, but we do not approve of running off into a preparation for tomorrow's work whilst to-day's task is unfinished and needs all our energy. If people do all there is for them to do, in the way of perfecting their physical bodies, and are using them for the greatest good to the mass of mankind, or, in other words, are glorifying the creative power by their actions, then we have not a word to say, as to what they shall do next, for if an individual has done that much to perfect himself, he will be so set on the true course it will be hard for him to go astray, but if not, will you let us say to you dear friends: A simple life, sustained by the pure, uncooked grain and fruit, contains more physical health and happiness than can be had by living on any or all the cooked preparations in the world; we know this from experience of forty-eight years on the usual diet of the world, with dyspepsia and various other ills, that follow in its path, and two years and five months of good physical life on the Edenic diet; so if you desire

to be saved in the physical, adopt the Edenic diet, and if the spiritual has attracted your attention, as it should, as soon as you have learned how to live in obedience to physical law, and have physical health, we say: Turn to the light within, "that lighteth every man who cometh into the world," and if you obey that divine voice in every particular, laying all carnal appetites upon the altar, to be consumed by the purifying fire, it will not take long for you to realize what it is to be saved in a spiritual sense, and have the Kingdom of Heaven here, as Jesus taught his disciples to pray for it; and when we come to go to the other side, no special preparation will be needed, for he who retires with a clean heart will awake with one none the less pure, for God will be his helper.

WILL IT PAY? is the question we should ask with regard to life: not will it pay in gold or silver, but in things or ways that they either can or cannot buy. Man may be in such physical suffering as to be willing to give all his wealth for a restoration to health, which money can not buy; but may not be willing to give up the gratification of an appetite for devitalized food, and live on pure uncooked grain and fruit, though there is abundant evidence that a perseverance in such diet, for a few months, would not only restore health but furnish a new appetite more pleasurable than the old. The same law applies to the practical religion of Jesus which is to give up all of self, to live that others may be blessed but the doing of which always results in much greater blessings to self, still, few, even of our professors who spend their lives teaching the doctrine for a living, have faith enough to practice it. The constitution of the mass of the human mind in this age of the world has not grown high enough in the spiritual, to see that the spiritual work pays far better than any other, so we have all around the selfish animal struggle. When will we have faith to invest our all, to the end, that the love within may grow to produce a crop, such as man, in the aggregate, has never fed upon. It will pay, but how long before people will come to believe it. It will be best for us all to seriously consider the question every day in the light of a business transaction. Can not we get more good life out of the higher, than the lower gratifications, and so live, that we will have the spiritual, or God part of man, rule the material or animal part?

WORK, WORK is going on. Work is law. Everywhere we see what work has done; before us everywhere, is the outgrowth of work, of care, of design. Not only with sound of the hammer, which in time builds the stately mansion, with help of the master-hand, but in innumerable ways that we see not, with unopened eyes, is work going on, which is building up a ladder to the skies. And it is a work to which all are called, in which all are interested, to which none can afford to be indifferent. The waste places of the earth have been redeemed, and it has become a beautiful dwelling-place for the habitation of man; but the purification of the spirit, through which, even as dwellers in the mortal form, we may be able to overcome all that wars against it, is a work which is more redeeming, which still more closely allies us to the Infinite.

HOUSE CLEANING. Every where is house-cleaning going on; the broom and dust pan are more busy than is usual; the brush, too, finds its work; sharp tools dig out corners, or scrape walls if need be; every web of spider, or atom of dust is cleared from sight; a rubbing and scrubbing with soap and mulse makes all bright. Then hang the curtains; then adorn the walls; then draw up the easy chair. How sweet and inviting is every room, how restful, how refreshing!

And our Mother, Nature, is cleaning house too; the rains are washing the grass and flowers, and settling the dust. Up springs from her cleansing hand, from her life giving touch, the

creations of her skill, the wonders of her handiwork. In this fair land, her walls are renewed with perpetual verdure; her curtains are festooned with perennial flowers; her easy chairs invite to rest; her balmy airs speak forth to guest, "This is the land of Canaan."

So let us here learn to scrape the rough contingencies from the gem, and stand forth reflecting the Divine.

WHAT WE FEED UPON.—Do we ever realize that what we feed upon, we are? and if the particles of our material bodies be pure, the spirit can the longer dwell in these earthly tenements, and thus, through purity and growth, the development of the spirit also, may be accomplished while in the form, which form at its proper time will be as ready to be laid aside, as an Autumn fades with its garnered sheaves.

Who would not live  
Until old age, as nature hath designed,  
And then, as gently as the summer wind  
Breathe out our life, depart; our labor done,  
Depart as does the day, the year, or set of sun?  
The varied expression of the countenance in picture, in the more varied living face. Here shines the soul of the artist; the love of the student; the desire to link more closely the chain which binds us all; the power that by one added link is felt through all its circumference. They tell us, these speaking pictures, these faces, what the soul doth feed upon!

PURIFY THE BODY.—Is one of the first instructions in the Edenic Life; and to accomplish this, it is important to see that the waste gates are open, and in good working order, as it is to see to a right food supply, for as the system has wornout material that must be disposed of, every day, in the various ways that have been provided, it is of vital importance that such be kept in good order, else the effete matter thrown back on the system will poison it, the same as if improper food were taken, and a cold, or congestion of some kind, will result, the same as when impure food be taken, or such as has been devitalized by fire. We allude now, particularly, to bathing; the keeping in good condition the innumerable waste gates that cover the body.

Frequent bathing is very important; but the idea is too prevalent that a large tub, with abundant water is necessary, which is less often than otherwise desirable, and with those, who lack magnetic force, quite a disadvantage.

A piece of oil or rubber cloth to lay beside the bed, with a basin of water, Russian towel, and crash wash cloth placed ready the night before, is all that is needed; then when the night dress of soft flannel is removed, a rapid going over of the body with the wet cloth; followed by a good rubbing with the towel, will put one in fine order to resist the changes of atmosphere, and enable the system to act better in every way. If every morning seems too often, take a bath every other morning in a warm room, if need be, but one will soon learn to care but little for the temperature of the room.

We have known occasionally, persons living on the Edenic food to have a "cold," but investigation always indicated either a lack of care, in regard to bathing or excessive use of some of the concentrated foods, as oil or nuts.

A NOTED PHYSICIAN remarked to us last evening, "Here is a dollar, I want your paper and want to thank you for introducing the Edenic diet, it has done so much good in helping restore my health." We were glad to hear it, not having an idea the doctor was using grainia before, but every day comes evidence that it is being adopted, in a quiet way, by the most intelligent, to a greater or less extent.

THE ONE MEAL SYSTEM. Do we continue it? No! when we have the leisure to digest a meal in the morning, we find it an advantage to do so, in keeping up our weight, but we make the principle meal at night, and omit breakfast, if there is a pressure of work or long tramp before us.

HOLDERS OF TICKETS.

Fannie A. Combs, Westview Ohio, No. 1  
Wm. S. Bailey, Nashville, Tenn., ... " 2.  
S. G. e Smyth, Oakland, Cal., " 3.  
Nicol. Taylor, San Francisco, Cal., " 4.  
Mary E. Tillotson, Vineland, N. J., " 5.  
Elmina D. Slenker, Snowville, Va., " 6.  
Annie Norma Dale, S. F., Cal., " 7.  
Lois Livingston, Sacramento, Cal., " 8.  
Cynthia A. Smith, Los Angeles, Cal., " 9.  
Mrs. J. H. Holt, San Francisco, Cal., " 10.  
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(Continued from sixth page.)  
sexing of women than of men; but I  
do think that the tendency is to do away  
with sex in the recognition of talent,  
genius or mental ability. It is quite  
probable that many a woman could have  
written as learned and logical a disquisition,  
as the one under discussion, as the one  
when he says, "why not allow the clerk, or anyone  
else on board, to be the master nominally,  
she retaining all power to herself and ordering and controlling every-  
thing to suit herself." So long has  
woman occupied the position of slave  
and of inferiority, that he wishes her  
still to retain the badge at least in  
name; or, in other words, he wishes to  
reverse the order of command and  
have the captain controlled by the mate.

The question as to whether a black man  
could be made the master of a ship, was discussed by the Bureau of  
Navigation in 1861, and finally the  
question assumed so grave an aspect  
a black man at that time not being considered  
a person, that it was referred to Attorney General Bates for report.  
That clear headed, fearless jurist, who  
when a member of that memorable Cabinet  
which declared the emancipation of the colored race, a military  
necessity, decided that a negro could  
be captain of a ship. To-day, in the  
onward march of our civilization such a  
question would be considered puerile.—BELVA A. LOCKWOOD.

Mrs. Miller was granted a license  
as "Mrs. Capt. Miller," on the 16th of  
February.—[Ed.]

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the most desirable article of the kind that  
has yet been placed upon the market. The  
peculiar felting finish upon both sides, effectually  
prevents the slipping of the work from  
the board, also the slipping of the board from  
the lap, thus entirely overcoming two great  
objections to wooden or other boards with a  
smooth surface. It is manufactured from a  
material specially adapted to this purpose.  
It will neither warp nor crack, and with  
proper care will last a life-time. The gradu-  
ated scale entirely does away with the need  
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of superior household utensils, and the  
deservedly popular Plymouth Lapboard,  
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teeth intact should pay Dr. Clark's Dental  
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and the 17th Industrial Exhibition of the  
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inventor a handsome bronze medal, and a  
diploma for the most beautiful, original,  
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money right away than anything else in this  
world. All, of either sex, succeed from  
first hour. The broad road to fortune opens  
before the workers, absolutely sure. At once  
address, True & Co., Augusta, Maine.

fearful tho less dog scares in my walk.  
The clerk said the people were at supper,  
they had heard of me and wanted  
to see me; but as it was a licensed  
boarding house only, the host might  
make that an apology for rejection.  
The hour forbids waiting; the clerk  
introduced me at the dining hall door,  
and pointed out the table at which  
Mr. R. the host, sat. Went to him,  
told my want and explained the cause  
in a clear voice, that the half dozen  
round tables should hav no misgivings  
as to the time of my appearance there.

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the noted Richard Cobden wrote very  
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lies in temperance; I have no faith  
in any thing apart from that movement  
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class. We do not sufficiently estimate  
the amount of crime, vice, poverty, ignorance  
and destitution which springs  
from the drinking habits of the people."  
The statement is still worthy  
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# JOYFUL NEWS

## CO-OPERATOR.

Truth Will Supply Every Need—If We Practice Her Teachings.

Vol. I.

Joyful, California, May, 1884.

No. 5.



### JOYFUL NEWS! CO-OPERATOR.

SAAC B. RUMFORD & ARA W. RUMFORD EDITORS.

Established monthly at Joyful, Kern Co., California.

PRICE: One Dollar a Year—in Advance.

THE NEWS is devoted and consecrated to the science of the Edenic life: And God said, Behold I have given you every herb bearing seed, which is upon the face of the earth, and every tree, in the which is fruit of a tree yielding seed; to you it shall be meat.—Gen. 1st chap., 29th verse.

In indorsed opinions of correspondents are cordially solicited—and published, if practical.

EDENIC PLEDGE.—We, this day, agree, in the presence of God and the angels, to give all there is ours and all we possess, to aid in the purification of mankind, both in body and spirit; to live in accordance with all physical and spiritual laws, as far as we are able to do so—seeking and praying continually for light. Who will sign this pledge and faithfully keep it, in the help of the divine within and without? Friends, it is only by such stern earnest work that success can be accomplished.

#### WHY MOURN?

Why mourn for one though dear, who's gone from earth, Earth and the sky are but as one; all spheres are blended; all have grown 'mid sighs and tears, A through tumultuous throbings, had their birth, Else were no striving, what would they all be worth?

There were no sorrow, pain, and troubling fears. There were our our God, in whom the soul inheres? 'Tis through these, as well as joyous mirth that great Jehovah doth himself mature. Would'st have it otherwise? It cannot be, the law of nature is forever sure, All will, if we with it can agree Help us each moment all our ills to cure, All keep us ever in security.—S. W. R.

TRUE THOUGHT.—True thought, is true action; none with true purpose, can be indifferent to the revolutions that are steadily marching on, wh speed of a ball in full motion, aye, the motion of centuries. Ought it not to be a power? Who can imagine how great? Who will help to make it, greater still, a power, help it to grow in force each day, each hour; his wondrous universal rolling ball, help it to gain in power, so that it gently falls? ions grow, as well as individuals; the world grows, from precept, to practice! The time come when the wisest precepts of any age, of all the ages, are to be wrought out in practical life.

thus may the kingdom of heaven be established upon the earth, and God be glorified. the kingdom of heaven, means harmonization of matter and spirit, individually, to accomplish which, pure food, uncooked, is a natural and inexpensive ally.

MAYER.—The earnest desire of the soul must be power by which woman's influence will be sent to overcome the effect of the animal appetites made manifest in crowding the stimulating life, destroying alcoholic drinks upon the people; when will they, the women, realize their homes as the most sacred altars, and that the lives of husband and children call for them to put forth their best efforts in this work of reform, as if they have an *earnest desire of the soul*, as they hesitate or fail for one moment to do all in their power? The whole world must be held or all will fail, and when the world of women everywhere takes hold of this work in the spirit of oneness, with that earnest desire do we state to say what the result will be?

USE is the base on which rests law; its cornerstone, its solid wall. The need is being seen and felt; armies are marshalling. The generals, knowing the need of economizing forces, are placing in condition to best subserve their purpose. Side issues are being made available; branches of the general work are being marched into action all of which, like many streams converging into one, shall yet make a mighty river whose waters thereof shall make glad the city of our God.

THE MIND becomes enlarged by attention to small matters, as well as great. Nothing can be overlooked; nothing despised. All have interest; with all is growth connected; with all, are our lives here interwoven; to be conscious of which, enlarges the mind to useful activities for the good of all. To help the world on, is to be helped. Help comes in proportion, as need is manifest; to live for use; that is the need.

CHILDREN.—Children being helpless, it should be the duty of all thoughtful persons to make conditions for their best development, while the world is learning the sinfulness of giving a form to the unregenerate spirit. Let the varied branches of the work reformatory go on, all having a common center; they will unite and sweep the earth of evil tendencies as a new broom sweeps the house.

CORRECTION.—E. Shapeen informs us that he only lived some months on apples and rolls; that more than ten years he lived without meat, which was not mentioned in the March number.

THISTLESEED.—A professional, gossiping, tattling woman, went one day, struck by her own weakness, to her confessor, who, after having told him all her sins and waited for a heavy penance, received the order to take a walk in the afternoon around the village, and to take a ripe head of thistle and to scatter the seed of it around wherever she would go, and then to come for further orders next day, to him; astonished, the woman did so with the greatest obedience, and returned the next day to the confessional, and the priest told her to go now and collect all the seed again. "But I can not do it, as I don't know where I scattered it, or where the wind carried it." "So it is" replied the confessor, "and so it is with your gossip, you don't know where your words did go to, or on which neighborhood or head the seeds and your words will sprout and take root, and grow and spread new seeds of evil!"—[X.]

VITAL QUESTIONS.—*Questions* of vital importance arising to-day, as ever, and greater are the numbers who can see the need of departure from the habits which have become so firmly rooted for centuries, that our eyes have been blinded to the real needs of life, while we have been led astray from the true to the false idea, in many directions.

The time has come to return to a simpler habit in diet, in dress, in all which will help the spirit on. False ideas, false habits cannot be so firmly rooted but that the light of truth can disengage them, while the true, though suppressed, will surely become re-established.

This is being done. Ages of falsehood cannot crush the truth forever, but at the proper time it will spring forth with all its accumulated forces for the destruction of error, which, though of giant growth, will yet, with help of many whose eyes can see the clearer light, take its rightful position, and bless the world.

NOW IS THE TIME. Let us not look for a far away heaven, but seek it now and here. Heaven is not a place, but a condition, which truth all have heard, but what does it mean? Does it not mean that by continually obeying the higher voice, that conditions will be made favorable for harmony, which is heaven. Does not the higher voice say, "Eat the simplest food which is the most nourishing, which makes the least demand upon time and labor?" Do this,

begin with this, and conditions will begin to be made favorable for harmony; we will have more time and ability for higher uses of life, and this will bring happiness, harmony.

The spirit nor its material home, the body, will not be overtired when living for higher uses only. Thus will harmonization of matter and spirit be attained to a degree, which will enable us to keep taking steps on the ladder of progress, which will lead us ever on to higher degrees of happiness.

TO LICENSE A CRIME is just as bad as to commit it, for by so doing you legalize and approve of it; and in regard to alcoholic drink it is worse than the thief who takes a poor man's money, for thereby you approve the act, and cause others to lower the soul from its position as ruler, to estrange the heart from a loved companion, to take from children their home, their haven of rest. All this, and more, you license for a paltry sum to support the government. What kind of a support is it? Is such foundation sure?

TEMPERANCE WORKERS.—We go to the bedrock in this matter, and who ever will adopt the Edenic diet, can easily succeed in throwing off the bands which bind them to all the appetites and passions which control the world to-day. The appetite for strong drink, tobacco, and even strong tea and coffee flees before a soul dedicated to a pure, holy, Christ life, which uses nothing but what will glorify God, through a pure body. O brothers and sisters! "Come up higher" cry the angels, "let us hasten to depart."

WHAT WE HAVE TO EAT is not so much the question, as, how shall we use what we have, to the best advantage. Our spiritual life depends more on our making the best use of what we have around us, than it does in having a variety of special things.

ABSTINENCE.—Born with tendencies to evil, how shall we abstain from eating improper food, from drinking improper drink, from intemperance in any form?

Would we have the blessing of health, and live long on the earth which our God hath given us? Would we keep young in spirit, with no fear of the infirmities of old age?

Would we be able to help others, to minister to others, instead of being ministered unto?

Would we live upon the bread which perishes not? Then let us overcome all unnecessary demands of the flesh, by eating only the simplest, most nourishing food, which food best sustains the physical necessities.

Let us seek all helps toward the harmonization of matter and spirit. Let us aspire to overcome all evil tendencies. Let us pray without ceasing.

DO WE USE SALT?—Most emphatically we say No! It is perhaps the most dangerous drug in use, because it is considered so harmless and is in general use, as a necessary article of diet; nothing having a proper flavor without it.

We have twenty five years of experience and observation to confirm our knowledge of the evil results of the use of salt.

Salt is a crude mineral not suited to the needs of refined animal organizations. Nature has prepared better earthly material, in all the grain and vegetables, and in delicious fruits. When we are supplied with wholesome food, we have no use for crude minerals; they only clog the fine structures, irritate the nerves to feverish action, causing disease and disorganization. Salt is a leading cause of intemperance, causing a constant thirst. We are never very thirsty and seldom drink; when we do, a little cold water is the best in every way.

Salt causes most of the difficulty of cutting the teeth, causes toothache, colic, and is a constant irritant in all disorders, being a leading cause of all kinds of intemperance and misery.—[Contributed by M. B. L., M. D.]

We have had only one year's experience with-

out salt, but that, in some respects, was our best year. Before this letter came had decided to try anti-salt again—for reasons to be given after further experimenting. We have had some valuable experience from experiments wherein salt, oil, and quantity, have taken part, and we are trying to find out which part each has to play—in the economy of life.—[En.]

CLOTHING.—In regard to clothing, our friend, Mrs. Irwin writes, "One thing does not receive half the attention it deserves—This is the fact, that all clothing should be made of wash materials;—and should be washed as regularly as our pocket handkerchiefs. The ammonia always found in impure air clings to everything, and more especially to woven stuffs."

DR. ANGUS SMITH, whose name is so well known in the scientific world, read before the Philosophical Society of Manchester, Eng., a paper on the impurity of air being determined by the amount of ammonia found in it. He says, "Ammonia sticks to everything, and can be washed off with pure water." A garment may look perfectly clean, but is not perfectly clean, unless recently purified by water. A lady whom I knew took small pox from putting on a new dress, which had been purchased from an infected locality. The air of all houses is impure within doors has been shown by scientists to be 30 times more impure than the air out of doors, even under the most favorable circumstances. The floating ammonia deposits itself on everything, and nothing but water will remove it. Therefore silk dresses and broadcloth coats, which are worn sometimes for years without being washed, are like the poisoned tunic of Nessus, carrying disease and death when least expected.

There are four requisites in forming proper clothing, *health, comfort, convenience, and elegance*.

Health requires, 1st, That the materials of which it is made up, wash easily and without injury to itself. 2nd, That it allows the air to pass easily through it, as the skin is a breathing organ, as well as the lungs, and clothing which excludes the air is very pernicious. 3rd, It must transmit the light, as light is one of the most valuable of curative agents—and white, or light colored garments alone transmit light. 4th, In winter it must protect us from the cold.

Undyed wool answers all these requirements.

Convenience requires that the clothes should be made so as not to impede the movements of the wearer.

Elegance revives artistic forms and colors. Nothing drapes so beautifully as woolen fabrics of every kind, and no color is so becoming to all complexions as the soft cream tinge of undyed wool.

I was glad to see your bill of fare in the *Joyful News*, and to find that you used so little grain. In Eden they had no mills to grind grain, and I will be so glad when the Edenic triumph is complete."

NATURAL FRUIT CAKE.—One pint, each, of wheat meal, oatmeal, apples(dried,) figs, raisins, (seeds removed or crushed;) and one pint each of walnuts and other nuts; the expressed juice of seven oranges, or seven lemons; nutmeg as liked. Mix after chopping all well together, press in steamer some days. It will keep well for months.

CABBAGE chopped fine, with salt and cotton-seed oil added, we find very palatable and wholesome with grain. Sorrel leaves or lime-juice improves it.

Almond pits crushed, are improved for those who have poor teeth; we use a lemon squeezer for the purpose.

GREEN PEAS are in the market. Don't forget a good tender article is better *uncooked*.

EDENIC FOOD IN SAN FRANCISCO, can be had at the Temperance Coffee House, in the basement of the Y. M. C. A. building, Sutter street. There is a regular bill of fare which can be seen by calling for it. Will give its contents in June News.

## HOLDERS OF TICKETS.

Fa. Fe A. Combs, Westview Ohio, No. 1	" 2.
Wm. Bailey, Nashville, Tenn., ...	" 2.
S. G. Smyth, Oakland, Cal.,	" 3
Nicoll, the Taylor, San Francisco, Cal.,	" 4
Mary E. Tillotson, Vineland, N. J.,	" 5
Elmina D. Slenker, Snowville, Va.,	" 6
Annie Norma Dale, S. F., Cal.,	" 7
Lois Livingston, Sacramento, Cal.,	" 8
Cynthia A. Smith, Los Angeles, Cal.,	" 9
Mrs. J. H. Holt, San Francisco, Cal.,	" 10
Harriet Permilla Peek, Oakland, Cal.,	" 11
Anna M. Woods, San Francisco, Cal.,	" 12
Eva H. Woods, San Francisco, Cal.,	" 13
Lulu G. Breedlove, S. F., Cal.,	" 14
Mrs. S. E. Smith, Seattle, W. T.,	" 15
Miss Alice Jennings, Thomasville, Ga.,	" 16
A. B. Chick, San Francisco,	" 17
Dampf, San Francisco,	" 18
Madame Brownjohn, London, Eng.,	" 19
Madame Vital, Paris, France,	" 20
Cornelia Boecklin, Burlington, Ia.,	" 21
Joseph M. Bare, Ligonier, Ind.,	" 22
Kate Parker, Anahiem, Cal.,	" 23
Mrs. H. M. Lindall, Columbus, O.,	" 24
Ahhie Knapp, M. D., Dowagiac, Mich.,	" 25
Mrs. R. S. Beatty, New York City,	" 26
Mrs. M. J. Featheroff, Tamaqua, Pa.,	" 27

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## HOW BYRON BECAME A GENIUS

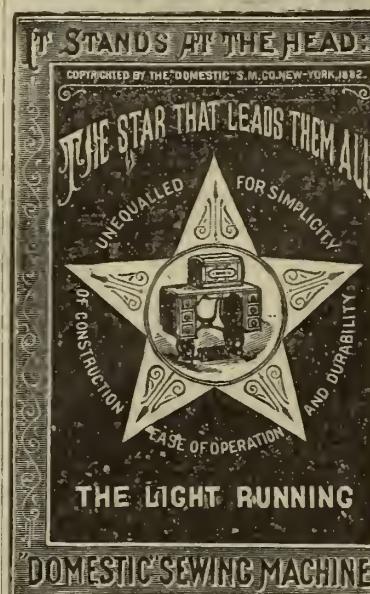
[Jeaffreson's "Real Lord Byron."]  
While he was still at Cambridge, already a successful author and approaching his twentieth year, he resolved to rid himself of his "burdensome and disfiguring grossness." He began the regimen of starvation. Epsom salts and hot baths, which he maintained for the rest of his life, and which while it brought him to striking and unusual physical beauty and elegance, brought him also to such spiritual and intellectual straits as outrages against nature always entail. He systematically sustained life on biscuits and sody-water, and when hunger grew too intense to be bearable, he indulged in feasts of potatoes, fish, rice and vinegar, which gave him agonies of indigestion. He was nearly always suffering from actual pangs of hunger, and drank laudanum and sometimes chewed tobacco to still these pains.

The effect on his system was as apparent at first in his sensations as in his appearance. Relieved of the burden of his superfluous flesh, he could walk with apparent ease and security. The body that had oppressed him was no longer unwieldy and unmanageable. Obeying his will, it filled him with delight. And what is even more note worthy than all the other results of the regimen taken together, is that this discipline of starvation and drastic depletives quickened his brain to such a degree that the man of intellect for the first time knew himself to be something far higher than a man of mere intellect. The goads and whips of the regimen had effected the nervous system, so that he had become a man of genius. He had gone to drugs and starvation at the instigation of personal vanity. Hence-forth he persisted in using them for the sake of the delights of that highest life to which they had raised him, and from which he soon sunk surely and quickly without their assistance.

Was it not rather amative debauchery which sapped the life forces and caused the early taking off of the illustrious poet?—[Ed.]

**TOKOLOGY** A new, popular, fast-selling book, for women. Energetic men and women can easily make \$25 per week, as agents. Address SANITARY PUB. CO., 159 La Salle-st Chicago.

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Factory: Latest Improved Steam  
Machine-Piano. Made of  
laminated wood—Our  
lumber strongest by test—10,000 Pianos  
with all improvements: 1,000 Organs. Buy  
from Manufacturer and save half. Before  
buying send for papers. Free popular sys-  
tem. Agents wanted—Chicago to New  
Orleans. T. M. Antisell Piano Co., 24  
and 25 Ellis Street, San Francisco.



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PAPER

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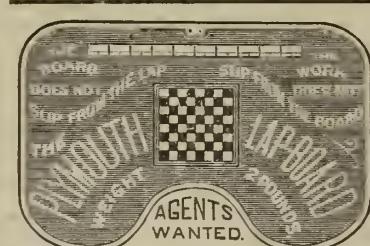
PAPER.

Nos. 411, 413 and 415 SANSOME STREET,

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**Marder, Luse & Co**  
Type Founders and Dealers in  
Printing Materials,  
**PACIFIC TYPE FOUNDRY,**  
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SAN FRANCISCO.

Orders respectfully solicited and promptly  
attended to.



The Plymouth Lapboard

Is conceded by every one who has seen it, and especially by every lady who has used it, to be the most convenient, and in all respects the most desirable article of the kind that has yet been placed upon the market. The peculiar felting finish upon both sides, effectively prevents the slipping of the work from the board, also the slipping of the board from the lap, thus entirely overcoming two great objections to wooden or other boards with a smooth surface. It is manufactured from a material specially adapted to this purpose. It will neither warp nor crack, and with proper care will last a life-time. The graduated scale entirely does away with the need of a yard-stick or tape-measure. C. J. RAVELEY & CO., Grocers, 215 and 217 Sutter St., San Francisco, Sole Agents for Pacific Coast, will forward samples to dealers on application, with particulars and price to the Trade.

**PEBBLE SPECTACLES.**



**MULLER'S OPTICAL DEPOT,**  
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Specialty for Thirty Years.

WHOLESALE AND RETAIL.

The most complicated cases of defective vision thoroughly diagnosed, free of charge. Compound Astigmatic Lenses mounted to order.

**TWO HOURS NOTICE.**

Orders by Mail or Express promptly attended to.

## BUSINESS NOTICES.

Clara S. Foltz, by indefatigable industry, has made for herself an enviable position as an able and conscientious lawyer. She practices in all the courts.

A visit to Mrs. Holt's Art Parlors, Phelan's Building, will convince anyone that she has not mistaken her calling.

The Light Running Domestic Sewing Machine, 29 Post-st, is set in a star. Put one in your house if you want light.

Marder, Luse & Co., Sacramento-st is a good place to buy printing materials, type, presses, etc. They carry a large stock of the very best quality of goods.

Make home happy by the hum of the Home Sewing Machine, 634 Market-st.

Mackay's Carpet Emporium, Market-st, is the place to find the latest designs in carpets, oil cloths, linoleum, druggists, etc.

Bonestell, Allen, & Co., keep constantly on hand all kinds of printing paper, wrapping paper, twine, etc., and, reasonable prices, at 411 Sansome-st.

Pure, first-class groceries, in unlimited supplies, together with a large assortment of superior household utensils, and the deservedly popular Plymouth Lapboard, are to be found at C. J. Hawley's, 217 Sutter-st.

Whoever would preserve their natural teeth intact should pay Dr. Clark's Dental Parlors, 8 Montgomery-st, an early visit.

The most exquisite assortment of every line of household furniture, school outfit and invalid-chairs, are displayed at G. H. Fuller's, 19 New Montgomery-st.

Buy the Dietz Dust-Pan—an invaluable gem, invented by a woman—that no good housekeeper should be without for a day. Also the Dietz Patent Crum Receiver—a marvel of neatness and convenience.

The S. S. S. use, and recommend them, and the 17th Industrial Exhibition of the S. F. Mechanic's Institute awarded the inventor a handsome bronze medal, and a diploma for the most beautiful, original, floral design.

Gentlemen in search of the latest styles in Gents Furnishing Goods will find exactly what they want, breakfast suits, business suits, hunting suits, wedding suits and price to suit at NICOLL THE TAILOR'S, 818 Market Street, S. F.

Special attention is called to the admirable books advertised in the HERALD.

The safest Safes and best Automatic Time Clocks on the coast, can be seen at Hall's 211 and 213 California-st, S. F.

Patronize "Sunny Cove Baths," Alameda. The Dietz sisters proprietors.

ANTISELL's pianos are the best made, finest toned instrument on the coast.

Mrs. Smyth, 623 Montgomery-st, keeps the finest assortment of thoroughbred poultry on the coast.

The Front Rank Vapor (coal oil) Stove is recognized as the very best in use. It is perfectly safe and consumes less fuel than any other in the market.—See ad.

Commercial, and all kinds of fine printing and press-work done, in the neatest and most workman like manner, at Raveley's, 518 Clay. Sample of press-work HERALD and NEWS.

The California Washing Machine, supplies a long felt need—an easy and economical way of disposing of the family wash. Try it.

**A PRIZE.** Send six cents for postage, and receive free, a costly box of goods which will help you to more money right away than anything else in this world. All, of either sex, succeed from first hour. The broad road to fortune opens before the workers, absolutely sure. At once address, TRUE & CO., Augusta, Maine.



**LANGSHANS.**

Eggs for hatching \$3 per setting.

MRS. J. H. SMYTH, 623 Montgomery-st  
San Francisco.

The Jersey City Journal tells us of the passage of the bill providing that women may be appointed commissioners of deeds in N. J.

**GEO. NALLS**

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YOU WILL ALWAYS FIND ON HAND

The Largest and Best Selected Stock of LADIES' AND MISSES' CLOAKS AND SUITS in the city.

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INGRAINS.....35c, 40c, 50c, 60c, 75c, 85c, 90c, to \$1.00 per yd.  
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GOOD VALUE AT ALL PRICES.

Stair and Hall Carpets of all kinds.

OIL CLOTHS, 40c to 90c.  
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DRUGGETS, \$1.00 to \$1.15; All Widths; Every Style.

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A large assortment of the above always on hand: Fire Prof, Burglar Prof and Fire and Burglar Prof Safes.

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Vault Doors, Automatic Time Clocks, &c., &c.

Safes sold on easy installments. Second-hand Safes taken in exchange—bought, sold and repaired.

**ROBINSON & GILLESPIE,  
CARPENTERS AND BUILDERS,**  
317 & 319 Sutter St., S. F.

Stores and Offices Fitted Up. Counters and Shelving for Sale.

All Jobbing Promptly Attended to

**INJUSTICE TO A WOMAN.**—The Government acceded to the motion of Lord Salisbury for a commission of Inquiry into the dwellings of the poor. "A Taxpayer," in a recent letter to the Times, comments strongly on the absence from the list of the name of Miss Octavia Hill. Long before any Government had thought of introducing an Artisans' Dwellings Bill, Miss Hill was patiently striving to solve the problem whether the conditions of life could be made permanently tolerable for the really poor. In 1864, Miss Hill bought her first block of London houses, and from that day to this the sphere of her operations has been constantly enlarging. The difficulty which has been declared to be insuperable by local authorities—that of providing wholesome accommodation at a rent which will pay an ordinary percentage on the capital invested—has been no difficulty to Miss Hill. All her property pays per cent. and there is usually a plus for improvements. Lord SALISBURY himself has drawn special attention to the extraordinary success of Miss Hill's work, and the contrast it forced to the species of deadlock which had been reached in more ambitious efforts. "To appoint a Commission which is expected to go to the roots of the disease, and to omit from this investigation the one person who has made the subject the study of a life, and stands alone in the excess which has attended her treatment," says "A Taxpayer," "would indeed be to act 'Hamlet' without the title part."

Yet this is what has been arranged, and so far as it appears the reason why the Government has rejected the co-operation of the one person who knows most about the subject of inquiry is, because she is a woman. [X.]

Subscribe for the HERALD

# JOYFUL NEWS

## CO-OPERATOR.

Truth Will Supply Every Need—If We Practice Her Teachings.

Vol. I.

Joyful, California, June, 1884.

No. 6.



### JOYFUL NEWS! CO-OPERATOR.

ISAAC B. RUMFORD & SARA W. RUMFORD EDITORS.

Published monthly at Joyful, Kern Co., California.  
PRICE: One Dollar a Year—in Advance.

THE News is devoted and consecrated to the science of the Edenic life. And God said, Behold I have given you every herb bearing seed, which is upon the face of the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.—Gen. 1st chapt., 29th verse.

Unindorsed opinions of correspondents are cordially solicited—and published, if practical.

THE EDENIC PLEDGE.—We, this day, agree, in the presence of God and the angels, to give all there is of us and all we possess, to aid in the purification of mankind, both in body and spirit; to live in accordance with all physical and spiritual laws, as far as we are able to do so—seeking and praying continually for light.

Who will sign this pledge and faithfully keep it by the help of the divine within and without?

Friends, it is only by such stern earnest work that success can be accomplished.

#### GUIDANCE.

"Out of the heart are the issues of life!"

Meaning life of the spirit, or of soul,

The real, the indivisible, the whole—

Which does not proceed from care, or from strife,

With which the worldly heart is ever ripe;

But centred upon, enfolded in as a scroll,

Which forever and ever doth unroll,

To little purpose, 'cept doth lead to life

Which fades not, though visible or unseen;

The heart doth onward lead, and doth prepare  
By thought, by act, the way to do most good

Luring forever on to fields of green.

Well trained, it ever prompts to do and dare,

To live for universal Brotherhood.

—S. W. B.

LET THE SPIRIT RULE.—There is more needed in this world than mere physical bodies. We must have spiritual men and women if we would have the Kingdom come, and how will they be secured to such an extent as to have in overpowering influence in controlling the affairs of the nations of the world? Will it do to let the material which is capable of high cultivation go to waste, or worse, be turned into a hoodlum element for want of teachers of a pure and higher life? And how are we to get such teachers but from those who know what the practical living of a higher life means, putting their best efforts together, and through sanctification and prayer, give themselves to the work, like the man who would get his wagon out of the ditch will they not take hold with all their force, and lift, as well as pray in a true practical way? To have sacred, solemn meetings, are well enough in their place, but it may be their place is in the closet for awhile. What we need now is true men and women, who live on all occasions as true spirits must live, in spiritual and material obedience to the highest laws of their being, not allowing the lower, in any case, to control, or usurp the place of the higher, and to do this, it is necessary to return to first principles, to live as simple as Jesus, our spiritual guide, lived in the past, and could live if here with us to-day. It is necessary for us to conform to all the grand and beautiful teachings as given in the bibles of every race and people.

How long before people will learn that to live but a pure life is very nonprofitable.

Cooking destroys the vitality of the food, besides being a waste of labor and of time; it takes a life of the one who cooks and shortens life. Think of these facts.

#### EDENIC DIET.

GRANIA SALAD:—Cabbage and celery chopped together on which one puts such seasoning as he likes; asparagus the same, or eaten as radishes; grated turnip or oyster plant seasoned, and mixed with grania; parsnips or other vegetables the same; apple grated fine, and mixed with grania; dates broken, and mixed with grania; figs and raisins the same; mixed nuts; green peas; olives.

Breakfast may consist of a quarter of a pound of grania with date, orange or apple; dinner of grania and salad; supper, raisins or figs with grania, mixed nuts, or, instead of the fruit, celery. The principle thing seems to be to use enough grain to maintain the strength of the system, and to select rich oily or acid fruits with reference to need.

EDENIC Food is so simply prepared, or, in other words, needs so little preparation, that yesterday, when we went into a restaurant, down town (where they propose to supply all the needs of the body in that line) for the purpose of giving such instructions as were needed, there seemed to be nothing further to say than: "give each one a cup of fine or coarse ground groats with any fruits or vegetables he may call for, to use with it. For our part, preferring then, to use what we name, grania salad, we called for a dish of chopped cabbage which was ready in a few moments. As we felt the need of acid in the system, because of having been using an excess of carbonaceous food of late for experimental purposes, we prepared the chopped cabbage by first saturating it with a good cider vinegar, though other acid, such as lime or lemon may be preferable where they are readily to be had, a very little salt was added, and the fine ground groats mixed in, when it was pronounced very palatable by friends present; some would prefer the addition of a little olive oil, but as a rule, we would leave off most, if not all the condiments, because, it seems, the simpler we live, the better. After the grania-salad, we used some apple and fine grania by simply scraping the apple, and dipping a little grania in each knife-full. That is a simple convenient way of using them that almost any one would appreciate, though if one has a grater, convenient, a nice dish is made by paring and grating the apple, in which mix the grania. Now we do not see the use of making any great fuss over this way of living. It is always said by machinists that the simpler the machine is, so it will do the work, the better. Why not apply the same rule to our diet, and if we begin life in the right way, the beautiful teeth God gave us, will last as long as the body, so we will have no need for an apple-grater or grain-mill, for they will grind the grain as fine as need be, to enable the stomach to digest it without trouble; as we find under the improved treatment, our digestion has so improved that we can digest apple now, though so poorly prepared, as our imperfect artificial structures will do it, that we have no trouble from making a meal on them with only a knife to pare and core them, but it is probable that we shall still have to depend upon the steel mill to cut our grain until a new set of teeth are developed.

IN REPLY to the questions that are continually asked, and may not all get answered by letter, we say: To live on the Edenic diet one does not need to have a great variety, and go where we will, we have no doubt of being able to find an abundance to supply all the necessities of our being. When we have risen above the appetite so that it becomes our servant, instead of master, we shall not feel under the necessity of having a great variety to please the palate, or to partake of every eatable that comes before our eyes. When we look over the list of things, offered by the stores as food for man, without including the great addition to the variety, made by compounding at the restaurants, and think how few of them all we have need of, or even use to secure better health, than had while

using them, it is astonishing, and the fact that we have, in such a short time, outgrown all cravings for that artificial life, is to us quite as remarkable. Yes! no doubt, many of them would still be pleasant to the taste, but every one, probably, prefers to leave untasted some articles of food, which though they may like, may cause some ill effect, or one not so well liked as something else, and they cannot eat all, so have to deny themselves.

How often people say, "That is good! and I would like some, but cannot eat any more;" or, "if I eat any more it will make me sick;" so it is evident they have to stop somewhere, then why not stop where the best results will be obtained? How many using alcoholic drink, or tobacco, know it would be better to give them up but are conquered by them instead of conquering, thus becoming slaves; some compromise by saying I can stop when I please, but never please, until it is too late for them; others congratulate themselves that they are free from the alcoholic and tobacco sin, but at the same time are using other stimulants, to which are usually added a variety of spices, but this is not intoxication you say, and refer to the tobacco users breath, but forget to call attention to the bad breath that many respectable anti-alcohol, and anti-tobacco reformers pour forth, upon the air. Let us reform in every particular.

THE FACT that, Messrs Hinde and Sclessinger have gone back to cooked food, is nothing against the Edenic diet; it only shows a lack of true discipleship, or true conviction of the necessity of extreme measures in this direction, which shall rouse all thinking people to action, knowing as they do, that the Temperance question, which is now so universally discussed, includes the eating, as well as drinking habits of our people of the world. Whoever is interested in that question, will also be in the subject of Edenic food, for to repeat, improper eating is as universal as, improper drinking and more so, as more numerous are its practitioners. Indeed, it is a sin so vast, so glaring in its ill effects, that if there be not a speedy change, in this direction, speedy destruction must ensue. The dwelling must become in harmony with the higher voice of the spirit which inhabits it, or it may be said that there is constantly a sword over our heads, ready to fall at any moment. Are we not tired of seeking to dodge the penalty of wrong doing? when by obedience we could walk erect, and no fear of anything? Shall we not then make true living a religious science, become true followers of Hygiea, on scientific principles, for the greater good to the individual, teaching the appetite to improve, instead of giving it control, to the detriment of the higher faculties of being? If not, we are not Edenic, and have no use to serve in the work except as meteors to attract attention by a brilliant light, as they pass through the heaven of healthy living. We are gaining year by year, improving in knowledge and conditions, and have no more idea of changing back to the old cooking system than of going back to childhood or to serving the Devil for a broth. We say this in reply to those who are quoting the above friends to us, as authority. We take no man for authority in this matter, but are thankful for all the valuable ideas, and suggestions, that have been received from them, in the past or may be in the future.

IN ANSWER to the Anaheim letter put in May No. W. H. or I.: We, too, "lost weight and flesh" at first, because of the depraved nature not knowing how to adapt itself to the condition of balance, which would have been to useless in quantity of the nourishing grain and less also of fruit, than we did instead too great a quantity was eat, and being unable to obey or not strictly obeying the command "Labor not for that which perisheth," in harmony was continued though in lessened degree to what it was on cooked food for though loosing in weight strength increased. In proportion to obedience of the divine law which relates to our

whole being are we not blessed, so ever having the desire to obey, the desire for harmony, which is health the desire to live for the glory of good and gaining knowledge and strength to practice accordance therewith, the result was but a continued blessing to us, and here in reply to the question that we may not be able to answer by letter would say, that we both have far superior health to what had on cooked food of any kind. One of us had lived without meat for nearly 8 years, from 54 to 62, perhaps to some temporary advantage. One of us had searched for health at "Springs" and "Cures" and learned of theories and gained some from practice, but before Oct. 17-81 we were both still dyspeptic, and liable to chill fever; at frequent intervals to other derangements of the system, so that to keep a clean tongue was nearly impossible. On the uncooked food, we have none of these troubles; have no need of remedies, have no need of being sick.

To return to the article. Why should we not all be mental and spiritual workers? Is there not enough of the material to furnish more worlds than this? And still we seek to feed and clothe the baby, at such a sacrifice of higher good, still seek to lay up treasures here. No bread can be as sweet as the uncooked bread; the process of fermentation, if fermented, or of cooking deprives the gain of much nutriment. Yes! let us return to the simplest and the best, to the Edenic life, where no cooking need be done. The world has been growing slowly a long time; now, it is reaching the stage of living for highest uses. Ever keeping in harmony with such ideas, all will be guided rightly, and grow as each nature requires, not as the vegetable, which springs up in a night, but as rational brings, who are given a form with which to work out their salvation from sin! Salvation from death!

THE WORLD'S W. C. T. U.—Let it be distinctly understood is going to be a wonderful power in the world for good, not only in helping on the great temperance reform work, but it will help to ameliorate, soften and harmonize the antagonistic powers of the nations, until all are blended into one harmonious unity of souls, working for the good of all the world and with such a woman as Frances Willard at the head, they are sure to succeed, in establishing headquarters at every important place. Will not the people especially of the Pacific coast recognize the necessity of keeping her with the pecuniary force necessary to sustain a head-quarters here necessary to push on the work, which needs so much to be accomplished?

IS IT WELL ENOUGH?—It is well enough to live strictly on the Edenic diet at home, but if you are out among people, you had better use what other people do, or they will call you a "crank." What if they do?

Are not Temperance men called names by the whisky dealers, and are not the religious followers of the Nazarine called such by the unbeliever, but would you advise them to be temperate and Christians at home, but do as others do outside? What good could be accomplished for Christ, or Temperance, in that way?

PLEASE direct all exchanges and communication, for JOYFUL NEWS, to 615 Powell street, our head-quarters in San Francisco. To those who have been honored with Sample copies of the paper we would say: Send your subscription immediately or else advise to discontinue. We earnestly solicit your patronage. One dollar is but a small amount singly, but counts in the aggregate to the one who is bearing the expenses of a publication.

EVIL is ever destructive in its influence according to its power over us. Let us overcome evil with good.

LET not our religious convictions be so shallow rooted that denominational lines will destroy them.

## HOLDERS OF TICKETS.

Fannie A. Combs, Westview Ohio, No. 1  
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 Gerth Smyth, Oakland, Cal., "3.  
 ... , the , San Francisco, Cal., "4.  
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 Annie Norma Dale, S. F., Cal., "7.  
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(Con. from 5th page.)  
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 receipt for making gentle men, intelligent  
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 scurrilous, little editors who amuse  
 themselves by flings at a brave woman  
 who is doing more for humanity than  
 they can even conceive of doing, and  
 will then use the receipt on himself he  
 will earn our ever-lasting gratitude.

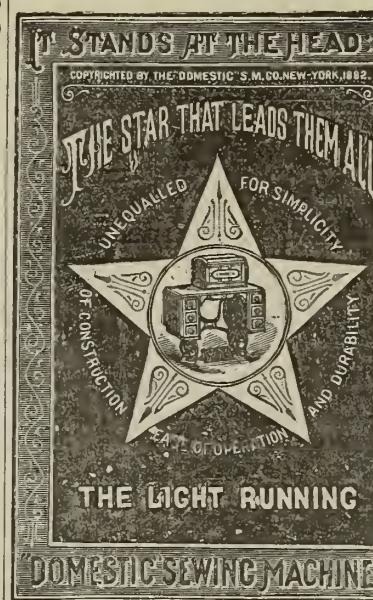
Three cheers for Rhode Island—  
 petite, plucky and persistent! Without  
 petitions or the pressure of persuasive  
 public pleading, the legislature has  
 passed the compulsory scientific tem-  
 perance instruction bill. This action  
 gives us five states arrayed against the  
 next generation of saloons. It is as  
 good as a ten year's note for prohibi-  
 tion.—X.

A great many clerkships and public  
 offices now being filled with hoodlums  
 might with more decency be held by  
 women. A woman employed in an  
 office would not be smoking a cigar  
 with her feet up on a desk when a citizen  
 visits the office for business or in-  
 formation.—New Orleans Picayune.

Voltaire characterized the employ-  
 ment of a medical man as "pouring  
 drugs, of which he knew very little,  
 into bodies of which he knew less."

Dr. Vigouroux recommends a glass  
 of hot lemonade every hour, or half  
 hour, as an easy, agreeable and efficient  
 treatment for diarrhoea.

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## BUSINESS NOTICES.

Clara S. Foltz, by indefatigable industry, has made for herself an enviable position as an able and conscientious lawyer. She practices in all the courts.

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The Light Running Domestic Sewing Machine, 29 Post-st, is set in a star. Put one in your house if you want light.

Marder, Luse & Co., Sacramento-st is a good place to buy printing materials, type, presses, etc. They carry a large stock of the very best quality of goods.

Make home happy by the hum of the Home Sewing Machine, 634 Market-st.

Mackay's Carpet Emporium, Market-st, is the place to find the latest designs in carpets, oil cloths, linoleum, druggists, etc.

Bonestell, Allen, & Co., keep constantly on hand all kinds of printing paper, wrapping paper, twine, etc., and, reasonable prices, at 411 Sansome-st.

Pure, first-class groceries, in unlimited supplies, together with a large assortment of superior household utensils, and the deservedly popular Plymouth Lapboard, are to be found at C. J. Hawley's, 217 Sutter-st.

Whoever would preserve their natural teeth intact should pay Dr. Clark's Dental Parlors, 8 Montgomery-st, an early visit.

Buy the Dietz DUST-PAN—an invaluable invention, invented by a woman—that no good housekeeper should be without for a day. Also the Dietz Patent Crumb Receiver—a marvel of neatness and convenience.

The S. S. use, and recommend them, and the 17th Industrial Exhibition of the S. F. Mechanic's Institute awarded the inventor a handsome bronze medal, and a diploma for the most beautiful, original, floral design.

Gentlemen in search of the latest styles in Gents Furnishing Goods will find exactly what they want, breakfast suits, business suits, hunting suits, wedding suits and price to suit at NICOLL THE TAILOR, 818 Market Street, S. F.

Special attention is called to the admirable books advertised in the HERALD.

The safest Safes and best Automatic Time Clocks on the coast, can be seen at Hall's 211 and 213 California-st, S. F.

Patronize "Sunny Cove Baths," Alameda. The Dietz sisters proprietors.

ANTISELL's pianos are the best made, finest toned instrument on the coast.

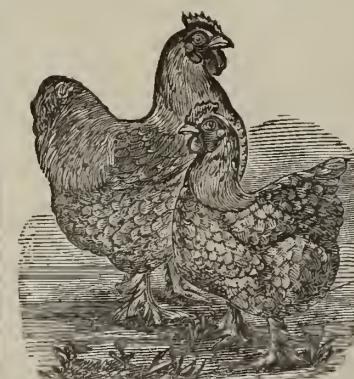
Mrs. Smyth, 623 Montgomery-st, keeps the finest assortment of thoroughbred poultry on the coast.

The Front Rank Vapor (coal oil) Stove is recognized as the very best in use. It is perfectly safe and consumes less fuel than any other in the market.—See ad.

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The California Washing Machine, supplies a long felt need—an easy and economical way of disposing of the family wash. Try it.

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Eggs for hatching \$3 per setting.

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# JOYFUL NEWS

## CO-OPERATOR.

Truth Will Supply Every Need—If We Practice Her Teachings.

Vol. I.

Joyful, California, October, 1884.

No. 10.



### JOYFUL NEWS! CO-OPERATOR.

ISAAC B. RUMFORD & SARA W. RUMFORD EDITORS.

published monthly at Joyful, Kern Co., California.  
PRICE: One Dollar a Year—in Advance.

THE NEWS is devoted and consecrated to the science of the Edenic life: And God said, Behold I have given you every herb bearing seed, which is upon the face of the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be meat.—Gen., 1st chap., 29th verse.

Unindorsed opinions of correspondents are generally solicited—and published, if practical.

THE EDENIC PLEDGE.—We, this day, agree, in the presence of God and the angels, to give all there is us and all we possess, to aid in the purification of mankind, both in body and spirit; to live in accordance with all physical and spiritual laws, as far as we are able to do so—seeking and praying continually for light.

Who will sign this pledge and faithfully keep it the help of the divine within and without?

Friends, it is only by such stern earnest work at success can be accomplished.

#### TRUE NOBILITY.

the blue sky looks down through sunrise ushers in the light of day, Spring buds forth with ever welcome May, sending its cheer o'er all the world abroad, while earth rejoices in the smile of God, hath a noble soul the power to bless, word and deed and scatter happiness. the power to lift from aching heart, its load great; to smooth the wrinkled brow lessen grief, to heartfelt sorrow share light the weary traveler on his darkened road, point him upward to a bright abode. the cheerful sunshine, spring; the clear blue sky emblems are, of True Nobility.—S. W. R.

"His hands are never weary  
Nor wayworn are his feet"

he lives a true practical Christ life.

DEAR FRIENDS it is no impracticable theory that is taught us by the blessed Jesus. His religion is all that He claims for it, as we will surely experience if we only fulfill every letter the law. Who would expect to build a beautiful structure in the material world if a brick was left out here and there, or put unburned instead to fill the place? It is the same in building up the true religious life, the philosophical life, for it is sound philosophy as well as true religion that Jesus taught.

When He says "Come unto me all ye who are weary and heavy laden and I will give you rest," He means that what a fair practical construction of the sentence would imply. That is if we follow the aching we will receive that blessed rest, will be relieved from all the burthens of life and go our way rejoicing. We know this from aactical experience and wish all others to enjoy the same blessing. Do not expect to harvest the crop the day the seed is planted. You must wait it time to sprout, we dont see that part of the work, but in faith wait for the sprout to appear, after that we care for and cultivate it until the harvest time is come, and we know the spiritual harvest, if we are faithful in the culture will be the best any one ever received.

Must those who adopt the Edenic Life follow the example of the Apostles in the work may they come into it gradually? That seems to be a vital question which is brought before us very often, and in answer we would say it is not for us to stultify or in any way interfere with the inspiration of any one. The Lord has promised to be the teacher of his people. "Ask and ye shall receive," "Knock and it will be opened unto you," "If I go away I will

send unto you the spirit of truth which will lead you," &c. Now it is evident to our mind that if any one will consecrate his life to serve God and pray for instruction; but wait and watch as well as pray, the way will be opened to each one that he should follow in. All that we have to say to you then is, "be ye faithful in the little that you may be made ruler over more." Be earnest, sincere, faithful to serve the Lord all the time, and in all particulars; for if the structure is weak in one part all will suffer, or if we fail in the least, without a return to Christ for forgiveness and strength, we will be apt to make an entire failure. Take the whole subject faithfully to the Lord and let Him guide you.

THE INSPIRATION OF THE AGE calls loudly for men and women who care more to live pure, harmonious lives than any thing else. Who wish to do good, and instead of spending all their time calling upon others, to live righteous lives, both physically and spiritually set the example by doing so themselves. We have no right to preach unless we practice, for if we do, the force of our arguments are not only weakened, but those who would do well are more discouraged by our example than helped by all we say. Sickness is the result of sin just as much now as when Jesus said to the sick man, "Thy sins be forgiven thee." So we claim that a teacher of precepts of purity and peace has no right to be sick, neither has a doctor who professes to cure others the moral right to practice on the bodies of others whilst demonstrating his incapacity to cure his own body, still, we see sick preachers and doctors on every side, and some who even go so far as to presume to tell us that a person can not keep well all the time. If so, the grace of God has lost its power, and hygiene is a farce. The inspiration of the age is to bring true living, and people are to learn from it that sin and disease go together, and a pure, holy life will bring the Kingdom of Heaven to all who live it.

TRUE PRAYER is the earnest aspiration of the soul and the word earnest their, means doing our level best in every way. If we fail to do justice to the body and supply it with the purest, most vital food, how can we expect the soul to give good manifestations through it? If we do not live pure, how can we expect the pure spirit to dwell in us or be ready to answer our prayers? "Blessed are the pure in spirit, for they shall see God" in all things, and blessed are the pure in body, for they shall see God at all times.

WE hope next year to publish JOYFUL NEWS as an independent sheet. We do not wish to be crowded upon people who do not want us, neither would we, further than necessary, require our subscribers to pay for what they do not want to read or take any interest in, for though the work of reform needs to go forward on all sides, it is probably best for some to concentrate their energy upon particular departments.

Mrs. Stow is a live woman working up her line with commendable energy, and is deserving of great credit for what she has done in the diet reform work, and if she has fallen back to "cold diet" it is not likely she as a progressive woman, can stay there long so we expect to soon see her leaving all such half-way measures behind and marching to the front with an Edenic flag flung to the breeze, for as we grow into a knowledge of spiritual truth and build up our physical body to match it with pure and simple food free from the curse of wasted womanly energy, we feel a testimony will be established that no one can doubt the truth of.

ALL THINGS SHOULD BLESS US.—Do we ever think of the idea that a true christian life requires us to so live, and take all things that they should prove blessings; as David said, in speaking of the Lord, Psalms 76—10th: The wrath of man shall praise thee. So, if we obey the law of God, the wrath of even our enemies and those

who speak evil of us, shall bless us. If what is said against us, is not true, then will all, sooner, or later, see it, and the evil will return, and will fall on the head of him, who sent it forth.

EMPTY THE CUP.—Do we remember that so long as our cup is full of material water there is no room in it for the waters of eternal life, of which if a man drink, he shall thirst no more. Let us ask the Lord to help us empty from our hearts, all that is impure or worldly, that He may fill it with *pure spiritual thoughts*.

SOME DOGS BARK at every man who comes along dressed in a different style of clothing from what they have been used to, while others seem to have the power to discern a friend in any clothing. The same law applies to men. If your creed is like theirs, some think you must be a christian brother, but if it is different, or you have none, they set you down as a bad man, without further consideration. It is often even enough to set them against you that you live on different food, though it be better in its results than any other.

THE CURING OF FRUIT has been the subject of interest with us during the past month. The juicy, early Alexander was the first we had to work upon, of which taken ripe, it took 16 lbs, to make one, cured, peeled. The product was fine, after we had worked out a suitable plan, but a large portion of the fruit was lost, while we were doing it. The dryer peaches, such as George 4th. and Crawford, that ripen later in the season, give us no trouble. We use a dryer, to about half cure them, then finish in the sun.

We allow no fruit to be cured, until it is ripe enough to eat, then it will become soft, on soaking in water, without any cooking. Have been using a Plummer dryer, which we changed so that the heat would pass over; instead of through the fruit, but will build one of brick for next season, on a plan of our own, and we hope to see the Edenic Health Retreat Co., which is to be incorporated, and purchase the franchise of the A. B. C. not only supply their patients, but some of the outside public, with an article, healthful and easily digested.

IT seems reasonable that the products in their natural state, of the region in which one is living, are the best food for him. If so, fresh fruits, rather than dried, home fruits rather than foreign, are to be used. If people would turn their attention in this direction, they could soon have fresh fruit all the year.

Ripe, mellow apples, peaches, and pears, unpeeled, when dried, make good eating, after being pounded, grated, or soaked, as may be found best. I am inclined to think it best to eat only once a day—sometime after midday, that 2 or 3 hours should be given to the repast, including it may be reading, some light work, resting, and that the lighter food be eaten first, the more solid, later.

Until the early fruits in Spring, salads may be had. Of garden fruits, corn, English peas, cucumbers and tomatoes are good—I would greatly enjoy the company of those who earnestly desire to live in such a way as our Maker seems to have designed.

How long before people will learn that to live any but a pure life is very unprofitable.

LET not our religious convictions be so shallow rooted that denominational lines will destroy them.

EVIL is ever destructive in its influence according to its power over us. Let us overcome evil with good.

WE THANK THE PHRENOLOGICAL JOURNAL for the notice of the News not only because it may help us to a few subscribers but because it may help us do some sick brother good, through their living the Edenic life. Thus may the higher life bring all the world more into a spiritual oneness.

SUBSCRIBE FOR JOYFUL NEWS.

#### EXTRACTS FROM LETTERS.

MY DEAR FRIEND: It is good to see such a soul inspiring letter as yours; there are but few, who so fully realize the inspiration of the age, but they are springing up, here and there—Yes! we believe in the leading of the Lord, in bringing in together, and if we all, are faithful to our high calling, he will make us happy and useful instruments in the great work that is coming.

We need to be purified and perfected, ready to do, the "White Cross" work of the future. May you be one with us in the grand work. Fields of labor are opening everywhere. We are anxious that help may be furnished us here, that some of us may be ready as servants to work in other fields as called. The world is suffering, starving for want of proper food for the stomach, which if used, will greatly help to make of each earthly temple a fit abode in which the holy instead of unholy spirit will dwell.

Fever are raging in various parts of the world; could we not, by being in the midst, living our simple life, prove that there can be no fever in the system, if there be no impurity, if eating the life giving, instead of destroying food; if drinking only the pure water; if being receptive to the all healing power, which breathes forth all around us, in tree, in flower, in the air, in all things? I believe that if we live the true Edenic life, the fever cannot harm us, and to be in the midst of it, would be just the place to testify of the better life, just as we have here proved that there is no need of havingague, or malarial fever.

WE are sorry that your friends were not wise enough to urge a trial of the Edenic, but it is the same old idea, each reformer would put down a stake, where all are to stop.

We must remember these lessons, and keep liberal: remember that there may be still higher rounds in the ladder. "Be ye perfect, even as your Father is perfect," would be a good motto.

Yes! I feel that you should get well, and be consecrated to the work, for even as your faith is so will it be unto you, because unto faith will you add works, as I see by the way you resisted the evil of conservatism, that you are a true soldier, and all you need is, to be willing to have great patience with others, well as self; to pray, watch, and wait for guidance, and it will come.

A quiet sitting of a half hour, waiting upon the Lord, to receive impressions will be an advantage to you. You are right about the blind leaders of the blind. It is well to use the prayer of faith to get well, if we are going to live right, and keep well, but of what use to make one sober, if he will drink, and be drunk again. If you have trouble to resist the appetite for depraved food of any kind, remember each time to ask a blessing, and you will see that you cannot ask a blessing upon that, which you know will not bless. It will probably be necessary for you to study the food question, but we do not need so much variety as people suppose.

A dish that could be made available where one is travelling and could not get grainia is Edenic cream, as fine flour, water, and nutmeg, can be had anywhere. But a cake made of fruits, (dried) and nuts and grains, would be handier.

I would like to give you as much help as possible in regard to diet, but there seems so little to tell, it is so simple, using uncooked food, and selecting that which is best suited to our condition, using only what can be assimilated, is a general rule. I see no reason why you should not regain health. We have no more trouble since using the Edenic food, now, over 2½ years: are healthy and happy all the time. You are right about the failure of Vegetarianism to restore health.

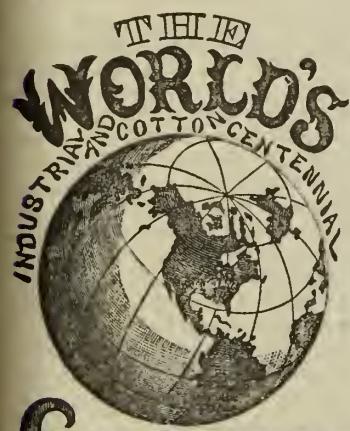
I HAVE your letter in regard to the Edenic diet. It may be necessary in changing from cooked to the uncooked food, that each ones physical, as well as mental peculiarities be considered, but general suggestions, such as I write you, will apply to all.

The average man is more or less a food drunkard; is as intemperate in eating as in drinking; and the struggle for reform is against old habits, associations and attachments, and the battle field is not so much the stomach, as the mind and heart of the man.

There can be but one truth; if reform in diet is a part of it, then there will be difficulties outside of the man's nature, also, Mat-10: 31-39. In both, the reward, is to him that endures to the end. To turn from wrong, to right, is no loss: is no sacrifice, it is like giving a penny for a dollar, surely one cannot find any better way of life than that marked out by our Creator.

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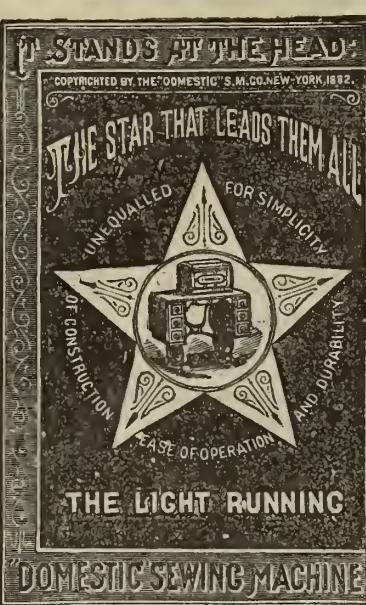
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# JOYFUL NEWS CO-OPERATOR.

Truth Will Supply Every Need—If We Practice Her Teachings.

VOL. I.

Joyful, California, November, 1884.

No. 11.



## JOYFUL NEWS! CO-OPERATOR.

SAAC B. RUMFORD | EDITORS.  
ARA W. RUMFORD

Published monthly at Joyful, Kern Co., California.  
PRICE: One Dollar a Year—in Advance.

The News is devoted and consecrated to the science of the Edenic life. And God said, Behold I have given you every herb bearing seed, which is upon the face of the earth, and every tree, in which is the fruit of a tree yielding seed; to you it shall be meat.—Gen., 1st chapt., 29th verse.

Endorse opinions of correspondents are cordially solicited—and published, if practical.

EDENIC PLEDGE.—We, this day, agree, in the presence of God and the angels, to give all there is and all we possess, to aid in the purification of mankind, both in body and spirit; to live in accordance with all physical and spiritual laws, as far as we are able to do so—seeking and praying continually for light.

Who will sign this pledge and faithfully keep it in the help of the divine within and without? Friends, it is only by such stern earnest work that success can be accomplished.

### THE GOING HOME.

Kiss me when my spirit flies—  
Let the beauty of your eyes  
Beam along the waves of death,  
While I draw my parting breath,  
And am borne to yonder shore  
Where the billows beat no more,  
And the notes of endless spring  
Through the groves immortal ring.

Kiss my lips and let me go—  
Nearer swells the solemn flow  
Of the wondrous stream that rolls  
By the border land of souls—  
I can catch sweet strains of songs  
Floating down from distant throns,  
And can feel the touch of hands  
Reaching out from angel bands.

Anger's frown and Envy's thrust,  
Friendship chilled by cold distrust,  
Sleepless night and weary morn,  
Toil in fruitless land forlorn,  
Aching head and breaking heart,  
Love destroyed by slander's dart,  
Drifting ship and darkened sea  
Over there will righted be.

Sing in numbers low and sweet  
Let the song of two worlds meet—  
We shall not be sundered long—  
Like the fragment of a song,  
Like the branches of a rill,  
Parted by the rock and hill,  
We shall blend in tune and time  
Loving on in perfect rhyme.

When the noon tide of your days  
Yields to twilight's silver haze,  
Ere the world recedes in space,  
Heavenward lift your tender face,  
Let your dear eyes homeward shine,  
Let your spirit call for mine,  
And my own will answer you  
From the deep and boundless blue.

Swifter than the sunbeams flight;  
I will cleave the gloom of night,  
And will guide you to the land,  
Where the loved ones waiting stand,  
And the legions of the blest,  
They shall welcome you to rest  
They shall know you when your eyes  
On the isles of glory rise.

—Selected.

WOULD WE LIVE LONG on the earth which hath given us? Then let us consider, that a human form is made of the emanations of great spirit power, which we call God and there is some of this God power in man to control his spiritual and physical being, it is

well for us to work out the proposition. How shall this control be exerted? Shall we have a beautiful body, perfected in all its parts, subject to or perfectly under the control of the spiritual body, and that subject to the divine within, as a beautiful structure, with all its parts properly placed, according to the design of the Architect, or shall we allow the bricks and mortar of these bodies of ours to be thrown together without any regular system, without any grand conception, of a beautiful manhood, thus have dwarfed minds, or sick and diseased bodies, that are useless as houses to dwell in, and likely to come tumbling down over our heads, as is the case every day with some one. A building that is well put up, will last for a long time, but one that is carelessly or ignorantly thrown together, composed of unsuitable material, will not stand the storm and atmospheric changes, so the dweller therein has to spend much time, patching it up, especially whenever a storm comes on, and has to leave it long before any thing like the life work he should do, has been accomplished; so the important fact we should consider, is, Am I building a structure that will endure? Are the bricks well laid? Are they of right material? Are they firmly cemented so as to stay in place, so as to defy the cyclones and tornadoes that come sweeping along or shall gentle breezes, even raze them to the ground? If so important to make our buildings of wood and stone, so durable, so useful, so beautiful to look upon, shall we not the more earnestly seek that these dwellings of ours, these abodes of the spirit, become fit temples for the holy spirit, such as will glorify the creative power, Love and Wisdom?

MONEY IS NOT THE OBJECT of life and if we devote our time to its acquisition, we make a failure of life's grand object, which is the development of our souls into a ruling position. The living for the glory of God,—means simply that we decide to do every day the things which we find necessary to be done, in order that our physical conditions become most perfected, and the divine element within grows to its utmost extent, for this is to be at one with God; to be filled with divine love in a perfected body.

Now, how shall we have the conditions most favorable for perfecting our two fold natures.

Will we not obey the demand to partake only of such food, as will best subserve the requirements that every particle of our material systems, become pure and healthful?

Will we make use only of that quantity that can be assimilated? Will we constantly aspire to grow toward our divine ideal by the practice of every precept which is inspiring to the soul? These are the conditions. Act, act in the living present, this is an age for action.

Precepts and practice! Let them go together.

TO GET INTO BALANCE.—That is all that is wanted. The path is before us—the narrow path. Shall we walk with even step, seeking that which will best nourish our twofold nature, never forgetting their close relationship? never forgetting that as they balance each other, we are safe that as they balance each other, we are harmonious and happy. Then let not the right hand grasp the material at the expense of the spiritual, nor let the spiritual become wholly absorbed, looking to some far away heaven, when it may be here, to some far away rest, when it may be here. Let us remember that the material is founded in the divine; let us remember that the divine should be manifest in the human. They are wisest who seek to keep in balance, conserving every force that the two may become equalized—in a word restored to original uses.

He only is a believer, who lives according to his belief. For all true disciples, thought and action are one.—FELIX HOLT.

WIFE says if this Edenic living continues to improve my physical, I will become a Gladiator; she better say, Glad I ate raw.

USE.—That use is the foundation of all law, we have abundant reason to believe; all righteous law; and that numerous, are they, who are seeking to grow into this condition, to be governed by divine law wholly.

All God's laws are divine. The laws of matter and spirit being closely related to each other, it follows, that we, each, as a spirit in a material body, should seek to be governed by the law of use—and as we grow from childhood to maturity, developing in accordance with the sustenance which maintains growth physical to a high degree of health, if proper nourishment has been had, or the opposite, should we not also, as well, seek to obey the law spiritual, and to develop to the highest degree on earth, of which we are capable. For this purpose are we here; growth. Did we seek as earnestly for spiritual, as for material riches, this also, could be accomplished, and a treasure gained that flood nor fire could not destroy.

THE SITUATION at Joyful is: There are six of us here, living on the one meal Edenic system, with the exception that two or three, will use sometimes a few grapes, a plum, or peach in the morning, and one, uses largely of water-melon during the day, but the strictest livers get the best results, and our melon eater is the least capable of all, though with more grain, and less melon, he should be, the most so.

Our oldest member (in years, Mr. Levi S. Elphic, from Canada,) is a veteran reformer of nearly 80 years, who for nearly 30 years, has avoided the use of salt. He is hearty, and happy, always ready for his work, and to thank God for the feast of good things at the close of day.

The next, in same order, is Mr. John Wilson, of Oakland, who, after six years of sickness, came here in search of health, which he is gradually, but surely gaining. For some time, he could relish nothing and suffered much from trouble in his head, with erysipelas in his face, and tendency to paralysis. That is all leaving him, his head is becoming more clear, and he is coming to enjoy his food; is working some everyday.

The third, is Mr. W. A. Webster, of Mass., who came here from Head's Hygienic letter of Wilmington, Del. as all other chances for restoration to health had failed him. He has gained rapidly, and has so far recovered as to be able for some time past to do a full day's work every day, and has already purchased ten acres of land for a permanent home here beside, taking a lease of the fruit farm for three years, so that we can go to the City, where we can better devote our time to the publication of Joyful News, and do other work in our line of reform.

We expect to be down here some of the time, especially for 2 or 3 months in Summer, helping cure fruit. That will be our restoration. Where find a better place to go? We will send patients here, who are able to wait on themselves and who need to be in the country, where they can have a quiet Edenic home, removed from all outside temptations. The boy will be sent to school.

The Eds. will find enough to do on the paper, with its added 7 pages, W. H. of L. to suspend that) and other work, as it comes before them.

THE PLEDGE.—A friend writes us quite a long letter in regard to it. He considers it as an oath, which we did not, but simply as an agreement witnessed by a third party and as all the world might want to come into the agreement, we went outside for our witnesses, but in his discussion of the subject, he brings out a valuable idea. He says, "But to my mind particularly, it is an insult to the dignity of ones own being to invoke from outside, solemnization of its utterances, as were not their very origin, more than warrant for all the solemnity it is conceivable from any source to invest them; as were there not back of them, royalty of integrity enough to guarantee the consecration of the man to his word! Had I a lifelong acquaintance with you, as you have with yourself, and

you sought to borrow of me, a certain sum, and I should require the endorsement of your note by a friend on the supposition, not that you might not be able to pay, but that his character was more to be relied on, as I thought, than yours was, you would feel hurt, feeling that I had insulted you. But why should you be so sensitive to an insult, I might thus offer you, and yet so insensible to the self same insult you offer yourself."

Now, here is where the friend is mistaken, and where a valuable lesson comes in. We must all remember, however we may boast of our strength, that we are very weak, and as christians, should continually look to Christ for strength.

We feel the need of God and His holy Angels to endorse for us, or to strengthen and sustain us all the time, and so must keep the pledge as it is, for, instead of feeling insulted as he supposes we would be, it is, as has been our desire for some time past, to have no agreement, or saying of ours, or "note," if accepted, unless Christ, has endorsed it.

So, friends, do not feel that we will be hurt, or much less insulted, if you throw away, as worthless, all we produce that the divine spirit within you, will not endorse, and we hope and pray that you will well and truly submit everything to Him, to see what He will do about it.

Ah! that indeed would be glorious news to hear, that all men had come to do that.

Then would there be hope for the race. Then would our prayer, indeed be answered.

THE TRINITY.—We recognize three parts or natures in man 1, the animal; 2, the spiritual and 3, the Christ or God nature. If the animal rules, we have an animal man, and if the spiritual is small or nearly dead, it may be that man will be a happy harmonious animal, that is, be in the condition of the first Adam, but if the Christ has begun to rise within him there will be war in his heaven, and inharmony will reign until, or in other words Adam will be cast out of the garden, because he has tasted of this fruit of the spirit which giveth power to know good from evil; this tree of life. From that time on, he can have no more peace, harmony, health, until the spiritual controls the animal and Christ the Divine reigns supreme within. Until that time comes the battle of Armageddon must go on and it would be well for us all to recognize this fight and gird on the armor of the Lord which is practical prayer and never cease until the devil (the unregenerate) is cast out, and purity, peace, love, Christ, reigns supreme in the physical, as well as spiritual.

THOROUGH CONSECRATION must be the watchword of the hour. If we expect to succeed in any great work of reform to-day we must recognize the Divine life and fully consecrate our every day practical life to living in obedience to its guidance. The inward or Divine. The Christ is to be the first consideration, all else must come into harmony with that, then we will begin to experience the blessings of heaven and realize truly the love of God and love of a brother man. If we do not realize this, we are not saved no matter how many churches we may belong to, or how many prayers we may have said. It is the practical theory of a doctrine that gives the results. If ye believe, then will ye do the things Christ says unto you but to say "I believe," is not believing; we are judged by the fruit we produce.

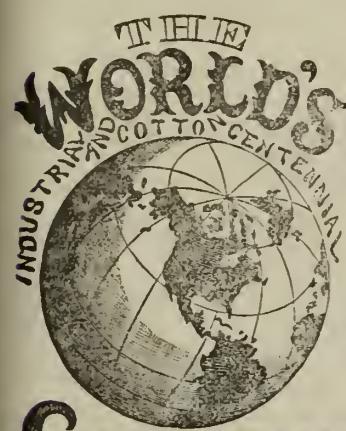
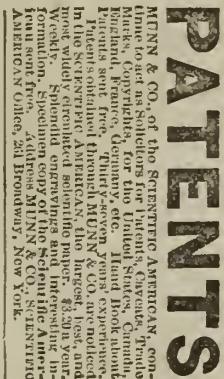
If we are sick it is an evidence that we have not obeyed the Divine, or the Divine law has been violated by our parents before us, or some of those around us, and we are bearing their burthen. Now if we are careful to obey the law in every particular ourselves the power God, the Christ will be exerted to forgive such sin that is, restore the inharmonious condition, and make us whole as is evident from the experience of many persons but the important injunction of Jesus must not be forgotten "Go sin no more."

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Special attention is called to the admirable books advertised in the HERALD.

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Commercial, and all kinds of fine printing and press-work done in the neatest and most workman like manner, at Raveley's, 518 Clay. Sample of press-work HERALD and NEWS.

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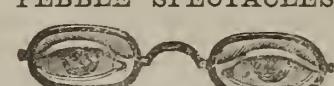
**A PRIZE.** Send six cents for postage, and receive free, a costly box of goods which will help you to more money right away than anything else in this world. All, of either sex, succeed from first hour. The broad road to fortune opens before the workers, absolutely sure. At once address, TRUE & CO., Augusta, Maine.



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# JOYFUL NEWS

## CO-OPERATOR.

Truth Will Supply Every Need—If We Practice Her Teachings.

Vol. I.

Joyful, California, December, 1884.

No. 12.



### JOYFUL NEWS! CO-OPERATOR.

ISAAC B. RUMFORD & SARA W. RUMFORD EDITORS.

Published monthly at Joyful, Kern Co., California.  
Price: One Dollar a Year—in Advance.

The News is devoted and consecrated to the science of the Edenic life: And God said, Behold I have given you every herb bearing seed, which is upon the face of the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be meat.—Gen., 1st chap., 29th verse.

Unindorsed opinions of correspondents are cordially solicited—and published, if practical.

THE EDENIC PLEDGE.—We, this day, agree, in the presence of God and the angels, to give all there is to us and all we possess, to aid in the purification of mankind, both in body and spirit; to live in accordance with all physical and spiritual laws, as far as we are able to do so—seeking and praying continually for light.

Who will sign this pledge and faithfully keep it by the help of the divine within and without?

Friends, it is only by such stern earnest work at success can be accomplished.

#### LOVE, THE TRUE RULER.

Out of the heart are the issues of life! Then what the heart prompts, shall we not do? Or shall cold reason, and stern judgment too, Have voice in the matter, and e'en with strife Their object continue to pursue, Divorcement from the heart, which is most true, Twould be but loss, instead of gain; from the heart Are the issues of life! Tis truest, best, Well taught, it doth but happiness impart; From it, proceeds the surest, sweetest rest. With it, we have a constant, happy guest; 'Tis the life of the soul, 'tis love, 'tis all!

S. W. R.

THE EDITORIAL STAFF OF JOYFUL News for '85, so far as arranged will be, J. B. Rumford editor in chief, Sara W. Rumford Ed. poetic department, W. A. Webster Ed. Health Retreat department.

ALL who send \$1.00 for JOYFUL News for 1885, which will have four pages instead of one, will receive Nov. and Dec. Nos. for 1884 free. Any subscriber who pays for 1885 and is at any time dissatisfied with the work or our way of doing it, can stop their subscription at any time during the year, and the funds paid for the unexpired portion of the term will be returned to them, if they so desire, as we want our subscribers to be satisfied that we give them their money's worth. Please send names of such persons to whom you would have specimen copies of our January No. of JOYFUL News.

OCTOBER 14, 1884.—We are fifty-one years of age to-day. It is the third anniversary of the Edenic diet. Three years of good health and we are two inches larger around the chest than a year ago, without training, weigh 140 lbs. We have for some weeks past been taking only one meal in 24 hours, at 5 P. M. after the days work is done.

The following letter has just come to hand, owing how the work is doing good even to me who do not adopt the strictly Edenic the nearer we come to perfection the better will the result. The writer says "I am fifty-four years old, half of my life have been dieting and included to try the uncooked food after reading your letter in the Laws of Life. I use most wheat oats and apples with more or less cheese and crackers. Use dried apples when cannot get fresh ones stew them so am not confined strictly to uncooked food. I use wheat utensils mixed with either warm or cold water milk as may be handy. I can eat apples

every day in the year and relish them find them very good for me. Use berries in their season but return to apples with a good relish. I left out cheese but found such a hankering for it when confined to my present diet that returned to it again. My principal food is gluten cracked wheat and oats with apples.

I was somewhat amused at some of Mr. Hinds reasons for abandoning the use of Edenic food. The idea that the use of it will blot out ones generative powers! Do not the animals eat uncooked food and is not man an animal except his top head? Humanity is in such a low depraved condition that if some get up to the level of an animal they are scared for fear they will lose their generative powers.

Some people may have such inherited tendencies and constitutional defects that they could not adopt an uncooked diet at once without feeling the need of something else and some children might need to adopt it gradually. It made the greatest change in me of any one move I ever made. It is not, or should not be necessary for us to work all the time and the usual stimulating food tends too much to physical exercise at the expense of the mental and spiritual. We think your photo shows the Edenic food agrees with some persons."

In regard to the above the editor would say that cheese and crackers are far from Edenic and that hankering after the former is a strong point against the half rotten seasoned mess we always were very fond of cheese and crackers but we recognise in the inebriate fondness for alcoholic drink and the tobacco slaves desire for a chew no evidence that he needs them, but we have learned from experience that a healthy digestion is a patient subject of not a rebellious member of or a dictator to the spiritual man who should rule in peace.

As to apples there seems to be no better food for almost any one if scraped fine so the digestive fluid can readily get to it and it is very palatable mixed with grainia. The gluten food alluded to is an artificial product some of our Edenic friends object to very much we have never used it, prefer to keep clear of manufactured articles as much as possible.

We have on our table more than one letter lauding at Mr. Hind's idea of blotting out the generative powers by the use of Edenic food. He probably spoke once before he thought twice. No one should need to work all the time for a living put since being on the Edenic we work about three times as much because we feel like it. It is not necessary to do so for food, we apply it in the service of the Lord as he may direct thus only would we have been able to do the work and pay the expense on JOYFUL News for 1884 and push the work into '85 which will so live as to be able to carry the glad tidings into every family.

WHAT SHALL WE DO TO BE SAVED? is a question that comes up so forcibly and so often that we cannot help answering it again and again in varied forms to suit varied cases. In reading the Temperance literature, we see the accounts of the dreadful influence of alcohol, in destroying the human race. Our brothers and sisters too, are falling under its baneful influence on every side, day and night.

How much, and what can we do to stop the cause is a vital question. It is not what shall we do to be saved from the effect, after it is taken so much as how shall we prevent the use of all things which are detrimental to the high and holy position that we should assume in this life on earth. It is not for us to decide the question, as one who would eat, drink and be merry, because to-morrow we die, but as intelligent responsible agents of God the Divine, who has given us these bodies, and placed all we have in our hands, as a trust, which we are responsible for to glorify Him with, by using to the very best advantage. We see people going down to destruction on every side, just because they gratify their animal appetite to an

excess that is consistent with a true, at least, high Christian life. Are we serving the Lord through form or ceremony once each week, or perhaps day? Will it fill the bill of righteousness, if continuing to violate God's laws on every side, by placing a fiery liquid, or indigestible food into a stomach, where there is needed to be the material, suitable to build a healthy temple, such as the spirit of God can dwell in. It will not do to say, "We have performed this or that ceremony".

It is necessary for us to obey every law of God, be it physical, mental or spiritual if we would do our whole duty and become an instrument, by and through which, God will be glorified. Will the church recognise that there is more to be done in this age than dreaming over the theories and ideas of the past?

This is a living age, and we must have living men and women, who are soul and body pure, holy, regenerated, and living for the glorious work that there is on every side to do. Go into the bar room; is not the sight enough to make the heart ache? Yet that is only the vestibule leading into damnation and misery inconceivable. Would we see the whole of the effect of this terrible curse, we must go into private families where it has found its way, destroying all the happiness that should be there, but not that alone, it is necessary to follow the subject further and see the effect of inherited influence and appetite generated with the child conceived, whilst what should be, a holy function of parental life, is unredeemed.

Let this go on, and it will ruin the whole race, as surely as it will destroy any temple to take the foundation stones from beneath it. And this is not all; there are other appetites to be curbed and regulated, or this alcohol curse cannot be stopped effectually. We must begin at the foundation, if we would secure a structure, to stand all the strain of the future. It is as necessary to have the spiritual nature in good working order to control the mind, as to have the material in good order. How shall our spiritual nature become regenerated? Let us see what the Law and the Gospel says, and see if they are not approved of by reason and good judgment. The first instruction "Be ye perfect, even as your Father is perfect" is right to the point.

But how shall we reach this perfection? Well, we know the tree grows, and the house is built day by day, hour by hour, each moment—by the addition of small particles compared with the whole structure—so if we would become perfect, we must build gradually, also, that is, let our hands be busy serving the Lord, by being all the time like the good servant, who asks continually, "what may I do in the way of my duty", and is diligent in doing not only the great but the little things also; knowing that if any part is left out, it may weaken the structure, or spoil the beauty of the whole.

So in this spiritual work; we must prepare the temple in as perfect a manner as possible, by living in obedience to the divine law of health; then live in obedience to spiritual law by using the renewed physical body, as the good Samaritan did, doing good, and as we thus go on, will the regenerating influence go on within us, until we realize that a child is born; a Savior given a light has sprung up; and all things are made new.

That is, by the grace of God, the light within has become an illumination, showing us the way, and the spirit of God has come to dwell in this purified temple, and the life we lead, will become a new life, for He has purified and baptized, and redeemed. As we come to serve Him, he will be to us Father, Mother, Brother and Sister, so that to live in Him, and do His will, will be all we need.

By the grace of God, thus may we be saved from all sin; from such parental love we shall not receive a stone, if we faithfully labor, and ask for bread, to enable us to do the work for which we were created. It is here, we must

begin to build if we would free the land from intemperance.

THE ONE MEAL SYSTEM.—seems to us to be the only right one for those who would obtain all the advantages of an Edenic life. We tried it for some 2 months last Winter, part of the time on a tramp of 120 miles over the country, across the mountains,—and part of the time in the city, at more literary work and found it the best under both circumstances; but for special reasons, were persuaded to give it up for a season, and try the experiment of using more food at 3 times each day, proposing from the free use of cotton seed oil with grainia, on cabbage salad, to increase my weight to 150 lbs but the pressure on the system, only resulted in cramps that came in the calf of the legs at night, and a tendency to inflammation there, but no increase of weight above 134 lbs; so after a thorough trial, we discarded the oil, and continued a diet of grainia fruit and chopped cabbage 2 or 3 times a day, until returning to the country, we found soaking the grainia in cold water, and using it as a drink, would increase our weight, which soon went up to 144, at which figure we remained, until adopting the one meal system again, and the dry grain as we found sleep comes quicker and sounder, on dry, than wet food.

Much wet food, or much watermelon in the latter part of the day, we have, years past found to disturb the nerves, and prevent sleep. So, we use, our watermelon in the early part of the day, but take no solid food, not even grapes, until 5 P. M. when  $\frac{1}{2}$  to  $\frac{1}{3}$  lbs of grainia is easily disposed of, either dry, or with peaches, grated apple, pear, and, after which, we feast on grapes and finish with nuts, having all we desire for variety, tomatoes, cucumbers, (the seed part) etc.

The digestive organs are in so good condition from 24 hours rest, that they dispose of the food quickly, and there is none of the old craving hunger; we thoroughly enjoy our food, sitting at table from one to two hours, with intervals of gathering some new variety of fruit, or to read a poem, if maybe; then, all satisfied, we gather for the evening prayer meeting; a feast of the spiritual, as much enjoyed by a true Edenic, as the fruits and flowers of material life. From meeting, we usually, these busy long days retire to sound sleep, which so well prepares us to be up and at work, early in the morning full of joy and thankfulness.

Now, lest some one may suppose our stomach must be overloaded from taking our food all at one meal, it will be well to state here, that in the rush of the fruit season, we have had more than once, to work on, an hour after our meal, and when I found it necessary to chop wood for the dryer, just after eating, the food was no disturbance, after adopting the plan of taking the grain, dry.

A few lbs of weight was lost, but working ability was gained and we did not go below 138. We recognized it a grand thing, worth much more than all the pleasure of tickling the palate to be able to get up early in the morning and go through the day, praising God at every step, without the clutter of dishes, or any eating cursory to interrupt the work in hand until all is accomplished. Before we tried the one meal system as an experiment; now, we have adopted it as the best, and proper way of living; so it becomes thus, a part of our religion.

REASON is by many recognized as the highest power to decide all questions but we recognize a power that is above to harmonize reason, and correct its errors, for reason often makes very grave mistakes. Take for instance the person, who having a perverted appetite, fails to relish the most nutritious food, his reason deriding it as unfit to eat, whilst the higher spiritual light would show him that a fast, and suitable preparation would prepare him to enjoy that food which is most healthful.

LET THE STOMACH REST 24 hours before its feeding, and we will have better health, then give it the best food, and we will have best health. Let us go on unto perfection.

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Buy the Dietz Dust-Pan—an invaluable gem, invented by a woman—that no good housekeeper should be without for a day. Also the Dietz Patent Crum Receiver—a marvel of neatness and convenience.

The S. S. use, and recommend them, and the 17th Industrial Exhibition of the S. F. Mechanic's Institute awarded the inventor a handsome bronze medal, and a diploma for the most beautiful, original, floral design.

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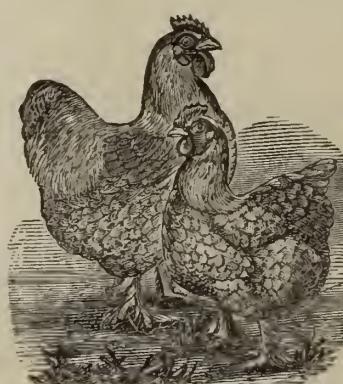
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